STEP-BY-STEP

CHINESE COOKERY

•EVERY RECIPE IN FULL COLOUR•

•ESSENTIAL BOOKS FOR THE KITCHEN•

STEP-BY-STEP

CHINESE COOKERY

GREENWICH EDITIONS

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INTRODUCTION

Enjoyed the world over, Chinese cooking is well known for being tasty, quick, full of variety and, above all, light and healthy.

With minimum amounts of added fats and oils and maximum use of Chinese seasonings and flavourings, this book shows you how to create a mixture of authentic dishes and healthy alternatives for quick and tasty meals that everyone will enjoy.

There are 60 recipes, for noodles and rice, poultry and meat, and fish and shellfish, as well as vegetarian dishes, vegetable accompaniments and a desserts section for those with a sweet tooth. Each recipe is illustrated in full colour, with clear step-by-step instructions, to make Chinese cooking as quick and easy as possible.

CHINESE INGREDIENTS

Chinese cooking uses many different sauces, pastes, herbs and spices to enhance the flavours of the main ingredients. Such items can all be bought from Chinese food shops and supermarkets and, now that there is an increasing interest in ethnic cooking, many large supermarket chains have their own range of Chinese foods too.

Bamboo Shoots - The young shoots of certain varieties of bamboo, they are pale yellow in colour with a crunchy texture and fairly bland flavour. Bamboo shoots are available in cans, whole or sliced.

Bean Curd - Low in fat and high in protein, bean curd is made from yellow soya beans and has a distinctive soft texture and neutral flavour. It is sold in solid cakes which are kept in water and drained and chopped before use. Handle and cook with care to prevent the bean curd breaking up.

Bean Sprouts - Widely used in Chinese cooking, these are the sprouting shoots of the mung bean, approximately 5 cm (2 in) long. They have a mild, watery taste and crisp texture and can be steamed or stir-fried, or eaten raw in small quantities.

Black Beans - Small black soya beans, fermented in salt and spices, also available as a paste or a sauce.

Bok Choy - Also known as Chinese white cabbage, bok choy has white stalks and dark green leaves which grow in small clusters. The stalks are succulent and the leaves tender and mildly flavoured. It can be served raw or cooked.

Daikon - Also known as mooli or Chinese radish, the daikon resembles a large parsnip. The flesh is white, crisp and slightly pungent and can be eaten raw or cooked.

Dried Mushrooms - There are several kinds of dried Chinese mushrooms, all of which add a distinctive earthy flavour and aroma to dishes. Soak in hot water for 20 minutes, drain, squeeze dry and discard the tough stem before using.

Noodles - There are many varieties available; egg noodles have a higher fat content than rice noodles. Thin, transparent noodles require little cooking and need only be soaked in hot water for a few minutes to separate and soften them before stir-frying.

Rice Vinegar - Made from soured and fermented rice wine. White rice vinegar is clear and mild in flavour; red rice vinegar is sweet and spicy.

Rice Wine - Made from glutinous rice, yeast and spring water, this wine is used extensively in Chinese cooking. Pale, dry sherry is a good substitute, and if a sweet, spicy flavour is required, ginger wine can also be used.

Straw Mushrooms - Small fleshy mushrooms with domed caps. Available in cans, they should be drained and rinsed before use.

Szechuan Preserved Vegetables - The root of the mustard green, which is pickled in salt and hot chillies and sold in cans. It has a crunchy texture and adds a spicy flavour to dishes. Rinse in cold water before using.

Water Chestnuts - Round, white root vegetables about the size of a walnut, they are crunchy in texture with a mild, slightly sweet flavour. They are available fresh from Chinese supermarkets but are more commonly sold in cans. Rinse well before using.

Wuntun Skins - Thin, pastry-like sheets made from egg and flour. They can be bought fresh or frozen and are available in squares or rounds. They can be kept in the refrigerator, wrapped, for about 5 days.

HERBS AND SPICES

Cinnamon - Whole cinnamon sticks are highly aromatic and pungent and should be broken into 2 or 3 pieces before use, to release their flavour. Remove from the dish before serving. Ground cinnamon has a much milder flavour and should only be used as a substitute if very fresh.

Coriander - Fresh coriander resembles delicate flat-leaf parsley. It is usually sold in large bunches, with the roots left on, but can also be found in supermarkets in small packs or growing in pots. It has a distinctive flavour and smell and is usually added at the end of cooking.

Five-Spice Powder - A mixture of ground star anise, Szechuan peppercorns, fennel, cloves and cinnamon, which gives a fragrant, spicy, sweet flavour to dishes.

Fresh Root Ginger - Once peeled and chopped or sliced, fresh root ginger adds a sweet, spicy flavour to all kinds of sweet and savoury dishes.

Lemon Grass - The long, thin stalks of this herb look a little like spring onions. They should be bruised or broken before use to release their lemony flavour. Grated lemon or lime rind may be used as a substitute.

Star Anise - These attractive pods, in the shape of an eight-pointed star, have a mild liquorice flavour. They should be removed from a dish before serving.

Szechuan Peppercorns - These mildly spicy, aromatic dried berries should be toasted and crushed or ground before use. To toast, dry-fry in a wok for a few minutes. Crush in a pestle and mortar or grind in a spice grinder.

OILS

Chilli Oil - hot, pungent oil that should be heated gently as it burns easily. It is best used as a flavouring rather than a cooking agent.

Groundnut (Peanut) Oil - A slightly sweet, mild oil that withstands heat well. Use in moderation as it has a relatively high saturated fat content.

Sesame Oil - A thick, rich oil with a strong nutty flavour. It is best used to add flavour rather than for cooking.

Sunflower Oil - This light, mild-flavoured oil is high in polyunsaturates and withstands heat well.

SAUCES

Chilli Sauce - A bright red, hot sauce made from chillies, vinegar, sugar and salt. It can be used in cooking but is more often served as a dip.

Hoisin Sauce - This thick, dark reddish-brown sauce is made from soya beans, vinegar, spices, garlic and sugar and gives a sweet flavour to marinades and barbecue sauces.

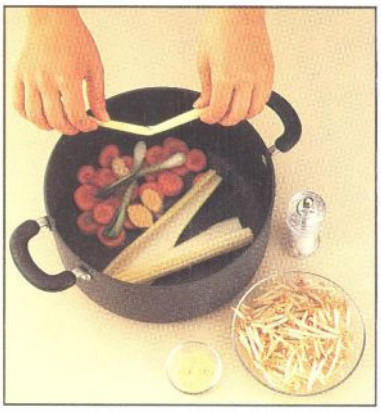
Oyster Sauce - A thick, brown sauce made from concentrated oysters, soy sauce and brine. It is often added to stir-fried dishes, particularly beef.

Plum Sauce - This thick, sweet condiment, made from plums, apricots, garlic, vinegar and seasonings is used in cooking or as a dip.

Soy Sauce - The essential ingredient in Chinese cooking, soy sauce is made from soya beans, flour and water, which are fermented and aged for several months. Light soy sauce has a full flavour and is quite salty. Dark soy sauce is a darker brown colour, thicker and sweeter. When soy sauce is used, additional salt is often not necessary.

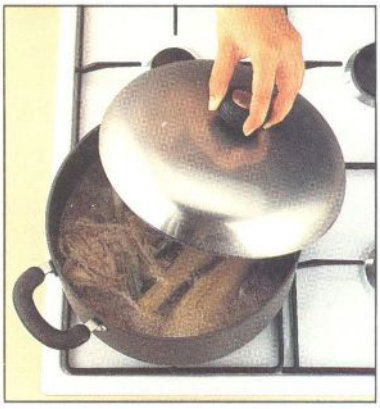
Yellow Bean Sauce - This thick, spicy, aromatic sauce is made from fermented yellow beans and is quite salty. It is often used in sauces for fish and poultry.

—CHINESE VEGETABLE STOCK—

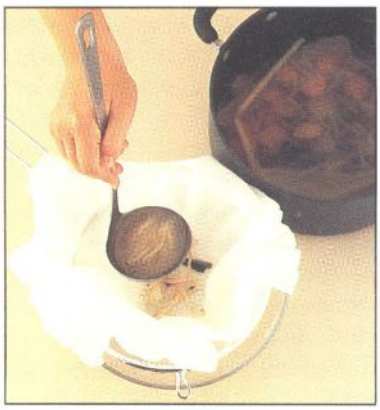


1 stalk lemon grass
2 slices fresh root ginger
1 clove garlic
2 spring onions
115 g (4 oz) carrots, sliced
2 sticks celery
115 g (4 oz) bean sprouts
large pinch of salt
large pinch of ground white pepper

Break the lemon grass to release its flavour and place in a large saucepan with 2 litres (70 fl oz/9 cups) of cold water and all of the remaining ingredients.



Bring to the boil, skimming away surface scum using a large, flat ladle. Reduce heat, cover and simmer gently for 45 minutes. Allow to cool.



Line a sieve with clean muslin and place over a large bowl. Ladle stock through sieve and discard vegetables. Cover and store in the refrigerator for up to 3 days or freeze for up to 3 months.

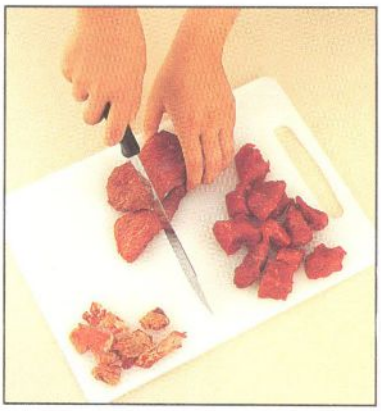
Makes 1.55 litres (55 fl oz/7 cups).

Total Cals/Kj: 188/789 Total fat: trace
Cals/Kj per 30 ml (1 fl oz/6 teaspoons): 3/14
Fat per 30 ml (1 fl oz/6 teaspoons): trace

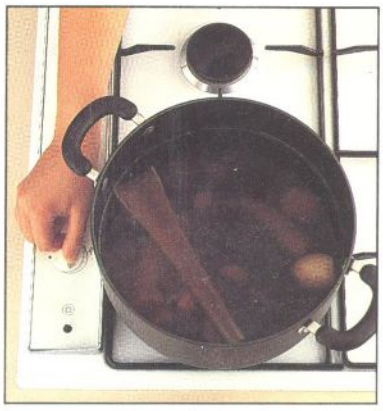
CHINESE BEEF STOCK

900 g (2 lb) lean stewing beef
2.5 cm (1 in) piece fresh root ginger, peeled
1 clove garlic
2 shallots
1 stick celery
2 carrots
2 tablespoons dark soy sauce
large pinch of salt
large pinch of freshly ground black pepper

Trim any visible fat and silver skin from beef. Cut into 5 cm (2 in) pieces. Wash and pat dry with kitchen paper.

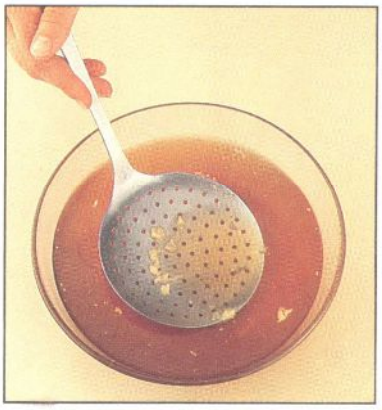


Place the beef in a large saucepan with the remaining ingredients and 2 litres (70 fl oz/ 9 cups) of cold water. Bring to the boil, skimming away surface scum using a large, flat ladle. Reduce heat, cover and simmer gently for 2 hours. Allow to cool.



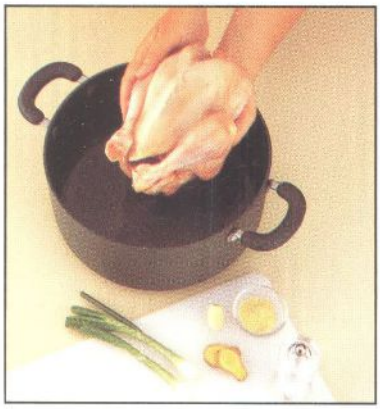
Line a sieve with clean muslin and place over a large bowl. Ladle stock through sieve and discard beef and vegetables. Cover and chill. Skim away any fat that forms on the surface before using. Store in refrigerator for up to 3 days or freeze for up to 3 months.

Makes 1.85 litres (65 fl oz/8¼ cups).



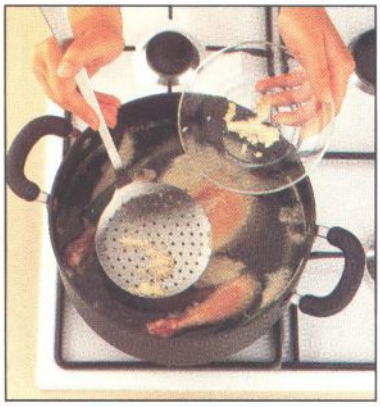
Total Cals/Kj: 464/1949 Total fat: less than 5 g
Cals/Kj per 30 ml (1 fl oz/6 teaspoons): 7/29
Fat per 30 ml (1 fl oz/6 teaspoons): less than 1 g

CHINESE CHICKEN STOCK

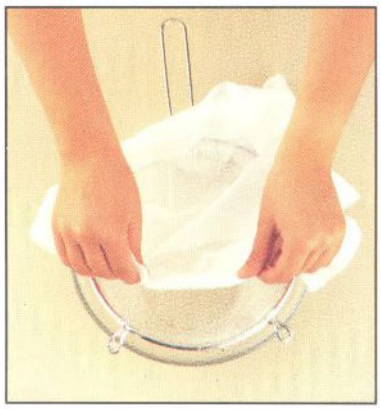


1-1.25 kg (2¼-2¾ lb) chicken, giblets removed
2 slices fresh root ginger
1 clove garlic
2 spring onions
large pinch of salt
large pinch of ground white pepper

Skin the chicken and trim away any visible fat. Wash and place in a large saucepan with remaining ingredients and 2 litres (70 fl oz/ 9 cups) of cold water.



Bring to the boil, skimming away surface scum using a large flat ladle. Reduce heat, cover and simmer gently for 2 hours. Allow to cool.



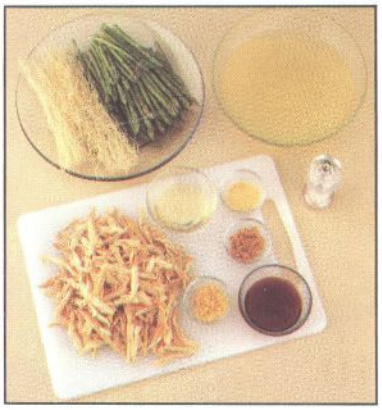
Line a sieve with clean muslin and place over a large bowl. Ladle stock through sieve and discard chicken and vegetables. Cover and chill. Skim away any fat that forms on the surface before using. Store in refrigerator for up to 3 days or freeze for up to 3 months.

Makes 1.75 litres (62 fl oz/7¾ cups).

Total Cals/Kj: 265/1113 Total fat: less than 5 g
Cals/Kj per 30 ml (1 fl oz/6 teaspoons): 5/21
Fat per 30 ml (1 fl oz/6 teaspoons): trace

– CHICKEN & ASPARAGUS SOUP –

225 g (8 oz) fresh asparagus
1 litre (35 fl oz/4½ cups) Chinese Chicken Stock, page 12
2 tablespoons light soy sauce
2 tablespoons dry sherry
2 teaspoons brown sugar
50 g (2 oz) vermicelli rice noodles
1 cm (½ in) piece fresh root ginger, peeled and chopped
350 g (12 oz) lean cooked chicken, finely shredded
salt and ground white pepper
2 spring onions, finely chopped, to garnish

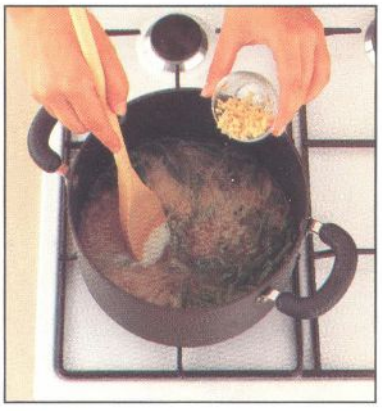


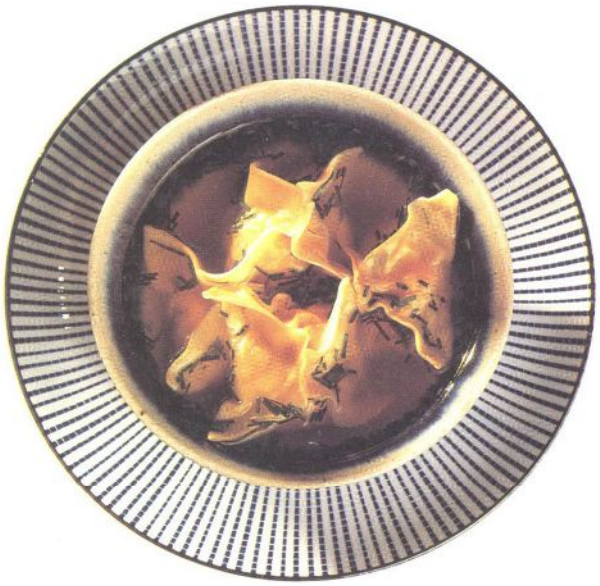
Trim ends from asparagus stalks and slice stalks into 4 cm (1½ in) pieces. Pour stock into a large saucepan along with soy sauce and sherry. Stir in brown sugar. Bring to the boil and add asparagus and noodles. Simmer, covered, for 5-6 minutes.

Stir in the chopped ginger and shredded chicken and season well. Simmer gently for 3-4 minutes to heat through. Garnish with chopped spring onions and serve.

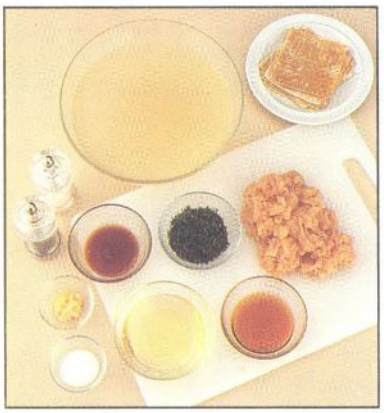
Serves 4.

Total Cals/Kj: 972/4082
Cals/Kj per portion: 243/1021
Total fat: 17.3 g
Fat per portion: 4.25 g

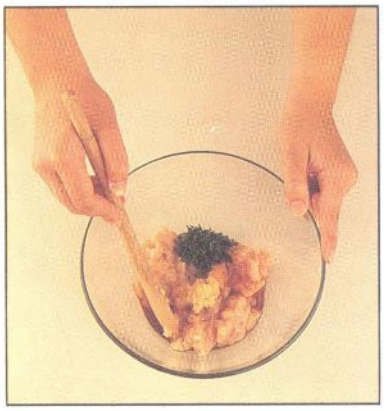




CHICKEN DUMPLING SOUP



225 g (8 oz) lean chicken, minced
1 tablespoon light soy sauce
3 tablespoons chopped fresh chives
1 clove garlic, finely chopped
2 egg whites
1 teaspoon caster sugar
salt and freshly ground black pepper
16 wuntun skins
1 litre (35 fl oz/4½ cups) Chinese Chicken Stock, page 12
2 tablespoons rice wine



In a bowl, mix the chicken, soy sauce, 1 tablespoon of the chives and the garlic. Bind together with 1 egg white and stir in sugar and seasoning.

Place a little of the chicken mixture in the centre of each wuntun skin, brush edges with egg white and bring the corners together, pinching the edges to seal. Cook dumplings in a large pan of boiling water for 1 minute. Drain. Bring stock to the boil and stir in the rice wine, dumplings and remaining chives. Simmer for 2 minutes. Serve immediately.

Serves 4.

Total Cals/Kj: 842/3536 Total fat: 14.9 g
Cals/Kj per portion: 210/884 Fat per portion: 3.7 g

CRAB & SWEETCORN SOUP

225 g (8 oz) baby sweetcorn
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
1 clove garlic, finely chopped
175 g (6 oz) canned crab meat, drained
2 tablespoons rice wine
1 tablespoon light soy sauce
1 litre (35 fl oz/4½ cups) Chinese Vegetable Stock, page 10
salt and ground white pepper
2 teaspoons cornflour mixed with 4 teaspoons water
2 spring onions, shredded, to garnish

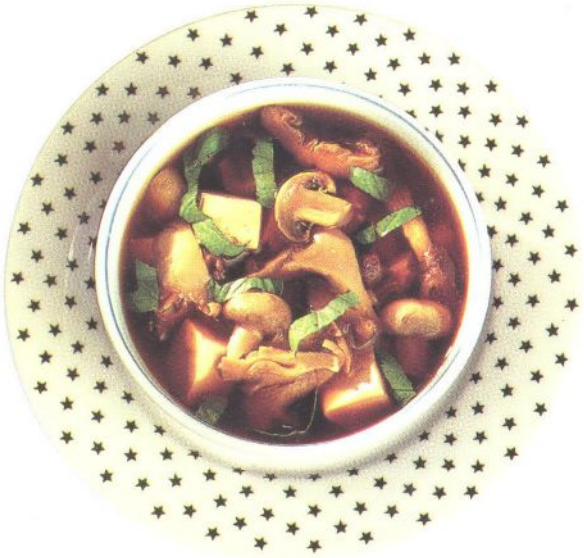
Bring a small saucepan of water to the boil and cook the baby sweetcorn for 3-4 minutes until just softened. Drain. In a bowl, mix together the ginger, garlic, crab meat, rice wine and soy sauce.

Pour stock into a saucepan, bring to the boil and add sweetcorn and crab mixture. Simmer gently for 5 minutes. Season well, add cornflour mixture and cook, stirring, until thickened. Garnish with spring onions and serve.

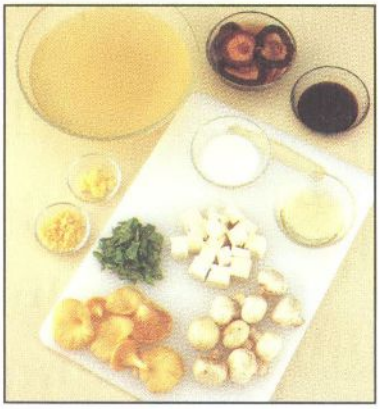
Serves 4.

Total Cals/Kj: 347/1457
Cals/Kj per portion: 87/365

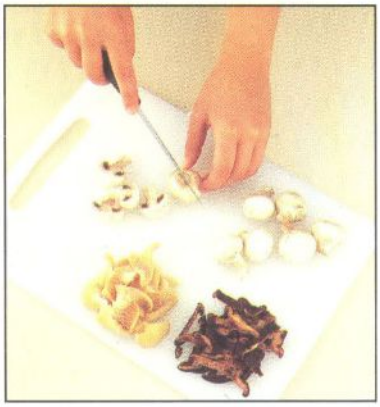
Total fat: 2.1 g
Fat per portion: 0.5 g



MIXED MUSHROOM SOUP



4 dried Chinese mushrooms, soaked in hot water for 20 minutes
25 g (1 oz) oyster mushrooms
50 g (2 oz) button mushrooms
1 litre (35 fl oz/4½ cups) Chinese Vegetable Stock, page 10
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
1 clove garlic, finely chopped
2 tablespoons dry sherry
2 tablespoons dark soy sauce
115 g (4 oz) fresh bean curd, drained and diced
2 teaspoons cornflour mixed with 4 teaspoons water
2 tablespoons shredded basil leaves



Drain soaked mushrooms and squeeze out excess water. Discard stems and slice caps. Slice oyster mushrooms and cut button mushrooms in half.

Pour stock into a saucepan and add ginger, garlic, sherry and soy sauce. Bring to the boil, reduce heat and carefully stir in mushrooms and bean curd. Simmer gently for 5 minutes then add cornflour mixture and cook, stirring, for a further 2 minutes until thickened. Stir in basil and serve.

Serves 4.

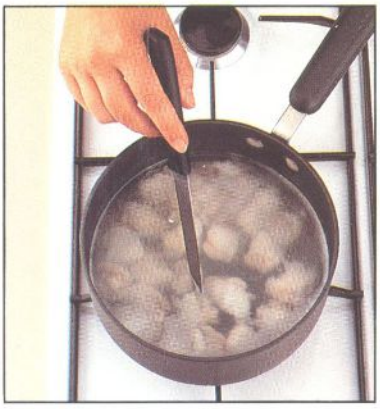
Total Cals/Kj: 304/1277
Cals/Kj per portion: 76/319
Total fat: 4.6 g
Fat per portion: 1.1 g

— SPINACH & MONKFISH SOUP —

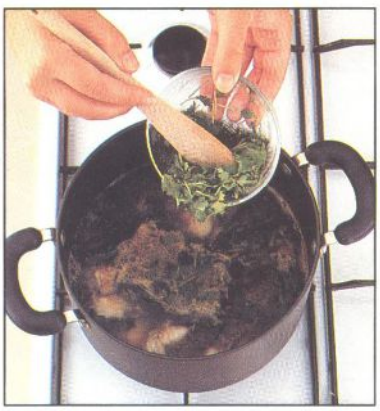
175 g (6 oz) fresh spinach
450 g (1 lb) monkfish tails, skinned
1 litre (35 fl oz/4½ cups) Chinese Vegetable Stock, page 10
1 tablespoon light soy sauce
1 teaspoon chilli sauce
1 teaspoon brown sauce
salt and freshly ground black pepper
2 tablespoons chopped fresh coriander
coriander leaves, to garnish

Remove the spinach stems and wash leaves. Blanch the leaves in a saucepan of boiling water for 20 seconds until just wilted. Drain and rinse in cold water.

Cut the monkfish tails into 2 cm (¾ in) chunks. Blanch in a saucepan of boiling water for 2 minutes until firm and opaque. Drain.



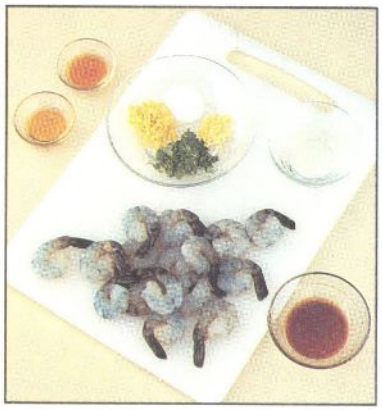
Pour the stock into a saucepan. Stir in the soy sauce, chilli sauce, sugar and seasoning. Bring to the boil, add the spinach and monkfish and simmer for 5 minutes. Stir in the chopped coriander and cook for a further 2 minutes. Garnish with coriander and serve.



Serves 4.

Total Cals/Kj: 521/2188 Total fat: 10.3 g
Cals/Kj per portion: 130/546 Fat per portion: 2.6 g

PRAWNS WITH GINGER DIP



16 uncooked prawns, peeled, with tails left on
fresh coriander leaves and fresh root ginger strips, to garnish
MARINADE:
1 tablespoon light soy sauce
1 teaspoon rice wine
1 teaspoon sesame oil
1 clove garlic, crushed
DIP:
1 tablespoon white rice vinegar
1 teaspoon caster sugar
2 tablespoons chopped fresh coriander
1 cm (½ in) piece fresh root ginger, peeled and finely chopped

Using a small sharp knife, cut along the back of each prawn and remove the thin black cord. Wash and dry the prawns with kitchen paper and place on a plate. Mix together marinade ingredients and brush over prawns. Cover and chill for 1 hour.

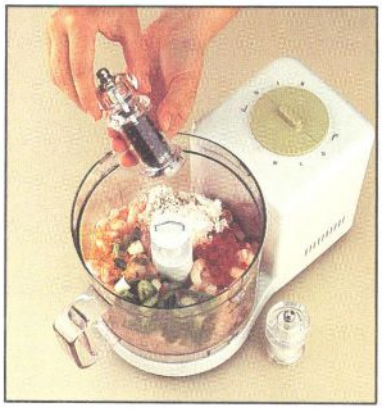
Mix together ingredients for dip, cover and chill. Preheat grill. Place prawns on a grill rack and cook for 1-2 minutes on each side, basting with marinade, until cooked through. Garnish with coriander leaves and ginger strips and serve with the dip.

Serves 4.

Total Cals/Kj: 276/1159
Cals/Kj per portion: 69/290
Total fat: 8.1 g
Fat per portion: 2.02 g

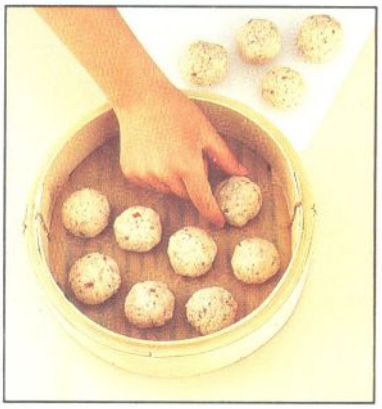
CHILLI PRAWN BALLS

450 g (1 lb) cooked, peeled prawns, thawed and dried, if frozen
1 fresh red chilli, seeded and chopped
3 spring onions, finely chopped
grated rind of 1 small lemon
2 tablespoons cornflour
1 egg white, lightly beaten
salt and freshly ground black pepper
strips of fresh red chilli, to garnish



Place all the ingredients except the garnish in a blender or food processor and work to form a firm dough-like mixture.

Divide the prawn mixture into 12 portions and form each portion into a smooth ball, flouring the hands with extra cornflour if necessary, to prevent sticking.



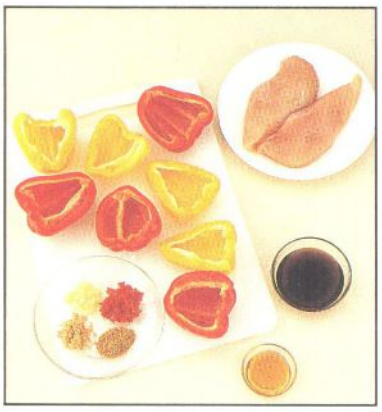
Bring a wok or large saucepan of water to the boil, arrange prawn balls on a layer of baking parchment in a steamer and place over the water. Cover and steam for 5 minutes or until cooked through. Garnish with sliced chilli and serve on a bed of shredded Chinese leaves and watercress.

Serves 4.

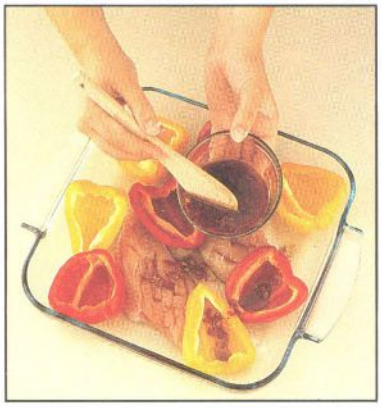
Total Cals/Kj: 574/2411
Cals/Kj per portion: 144/603

Total fat: 8.2 g
Fat per portion: 2.05 g

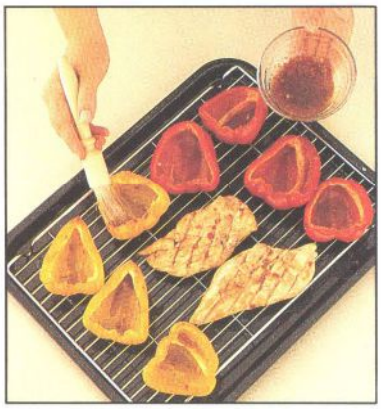
– GRILLED FIVE-SPICE CHICKEN –



2 x 175 g (6 oz) skinless, boneless chicken breasts, trimmed
2 small red peppers (capsicum), halved
2 small yellow peppers (capsicum), halved
chopped fresh chives, to garnish
MARINADE:
1 clove garlic, crushed
1 fresh red chilli, seeded and chopped
3 tablespoons light soy sauce
1 teaspoon five-spice powder
1 teaspoon brown sugar
2 teaspoons sesame oil



Using a small sharp knife, score the chicken breasts on both sides in a criss-cross pattern, taking care not to slice all the way through. Place in a shallow dish with the peppers (capsicum). Mix together the marinade ingredients, pour over the chicken and peppers (capsicum) and turn to coat. Cover and chill for 1 hour.



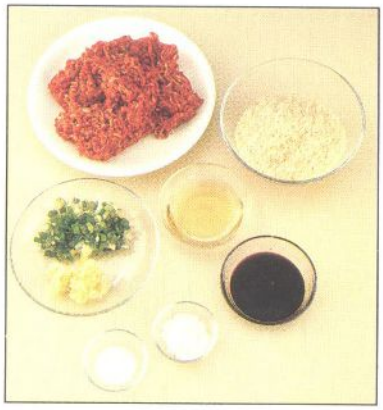
Preheat grill. Remove chicken and peppers (capsicum) from marinade, place on grill rack and grill for 4-5 minutes on each side, basting with marinade, until chicken is cooked through. Slice chicken breasts and serve with a piece of red and yellow pepper (capsicum), garnished with chives.

Serves 4.

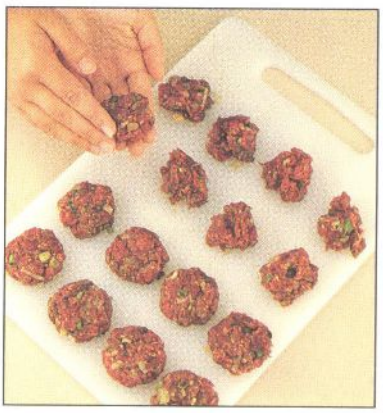
Total Cals/Kj: 590/2478
Cals/Kj per portion: 148/620
Total fat: 14.5 g
Fat per portion: 3.62 g

— PEARL PATTIES & SHERRY DIP —

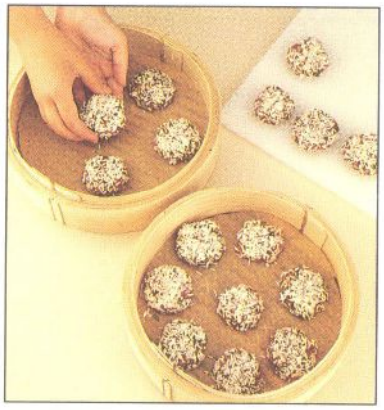
175 g (6 oz/¾ cup) long grain white rice
350 g (12 oz) lean minced beef
2 spring onions, finely chopped
1 clove garlic, crushed
1 tablespoon dark soy sauce
1 tablespoon dry sherry
2 teaspoons cornflour
DIP:
2 tablespoons dry sherry
2 tablespoons dark soy sauce
1 teaspoon caster sugar
1 clove garlic, crushed



Place the rice in a bowl, cover with water and soak for 1 hour. Drain well and dry on a clean cloth. Mix together the beef, spring onions, garlic, soy sauce, sherry and cornflour. Bind together to form a firm mixture. Divide into 16 portions and shape into 4 cm (1½ in) diameter patties.



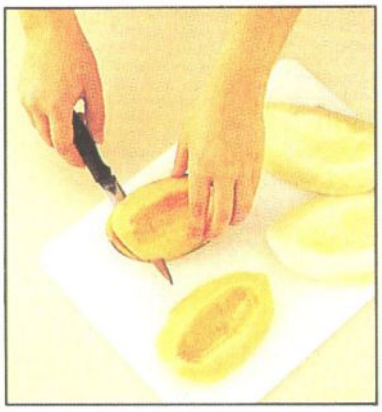
Press each patty into the rice to coat on both sides. Bring a wok or large saucepan of water to the boil. Arrange the patties on a layer of baking parchment in a steamer, making sure they don't overlap - you will probably need 2 steamers. Place over the water, cover and steam for 20 minutes. Mix together ingredients for dip and serve with the patties.



Serves 4.

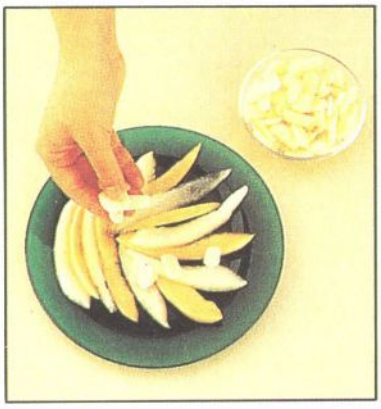
Total Cals/Kj: 1138/4779 Total fat: 17.4 g
Cals/Kj per portion: 284/1195 Fat per portion: 4.35 g

GINGERED MELONS



½ honeydew melon
½ cantaloupe melon
115 g (4 oz) canned water chestnuts, rinsed
2.5 cm (1 in) piece fresh root ginger, peeled and finely chopped
4 tablespoons dry sherry
4 pieces stem ginger in syrup, sliced
2 tablespoons dried melon seeds

Using a spoon, scoop out the seeds from both melons. Cut in half, peel away skin and thinly slice melon flesh. Slice water chestnuts.



Arrange melon slices on serving plates and top with sliced water chestnuts.

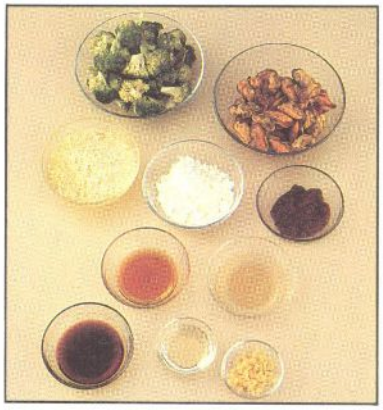
Mix together chopped ginger, dry sherry and stem ginger with its syrup and spoon over melon and water chestnuts. Cover and chill for 30 minutes. Sprinkle with melon seeds and serve.

Serves 4.

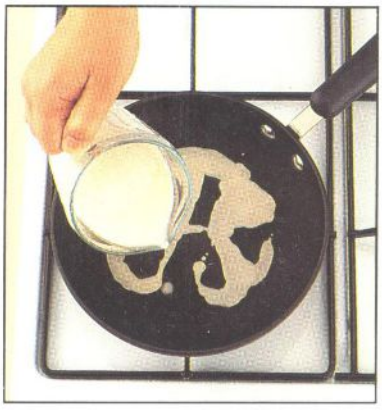
Total Cals/Kj: 428/1798
Cals/Kj per portion: 107/449
Total fat: 10.9 g
Fat per portion: 2.72 g

–STUFFED WHITE LACE CRÊPES–

3 egg whites, lightly beaten
4 tablespoons cornflour
3 tablespoons Chinese Vegetable Stock, page 14
1 teaspoon groundnut (peanut) oil
lemon twists and strips of fresh root ginger, to garnish
FILLING:
175 g (6 oz) small broccoli flowerets, blanched
225 g (8 oz) cooked, shelled mussels
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
2 tablespoons light soy sauce
1 tablespoon rice wine
4 teaspoons black bean sauce



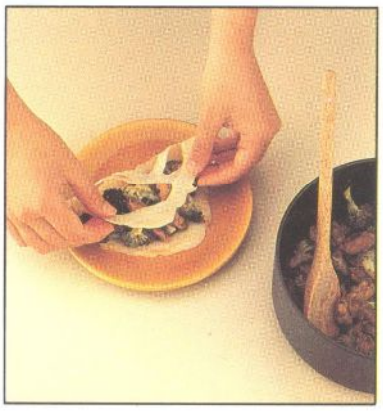
In a small jug, mix together the egg whites, cornflour and stock. Brush a small non-stick or well seasoned crêpe pan with oil and heat until hot. Drizzle surface with one quarter of the mixture to give a lacey effect. Cook for a few seconds until set. Carefully lift out, drain on kitchen paper and keep warm. Repeat with remaining batter, to make 4 crêpes.



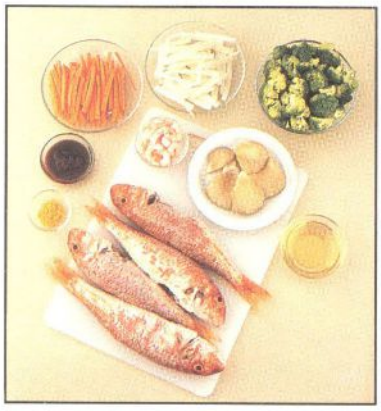
Place all the filling ingredients in a saucepan and mix gently. Cook over a low heat for 3-4 minutes until warmed through. Arrange one quarter of the filling on cooked side of each crêpe and roll up. Garnish with lemon twists and ginger strips and serve.

Serves 4.

Total Cals/Kj: 508/2134
Cals/Kj per portion: 127/533
Total fat: 6.1 g
Fat per portion: 1.52 g



STUFFED RED MULLET



50 g (2 oz) oyster mushrooms
50 g (2 oz) cooked, peeled prawns, thawed and dried, if frozen
grated rind of 1 small lemon
2 tablespoons oyster sauce
4 x 225 g (8 oz) red mullet or red snapper, cleaned and scaled
4 tablespoons dry sherry
1 large carrot, cut into thin strips
1 daikon (mooli), peeled and cut into thin strips
225 g (8 oz) small broccoli flowerets
lemon zest and chopped spring onions, to garnish

Finely chop the mushrooms and prawns. Place in a small bowl and mix in lemon rind. Bind together with oyster sauce and set aside. Wash the fish and pat dry with kitchen paper. Divide stuffing into 4 and press into cavity of each fish. Place stuffed fish in a shallow dish and spoon over sherry. Cover and chill for 30 minutes.

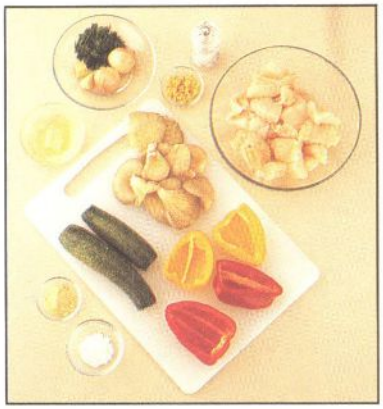
Bring a wok or large saucepan of water to the boil. Arrange the vegetables on baking parchment in 2 steamers, lay fish on top and spoon over sherry marinade. Place over the water, cover and steam for 10 minutes. Carefully turn fish over and steam for a further 8-10 minutes or until cooked through. Garnish and serve.

Serves 4.

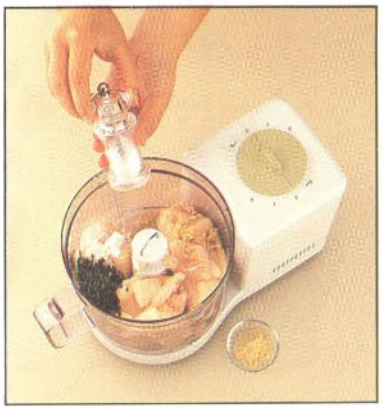
Total Cals/Kj: 1024/4301
Cals/Kj per portion: 256/1075
Total fat: 18.3 g
Fat per portion: 4.6 g

STEAMED FISH CAKES

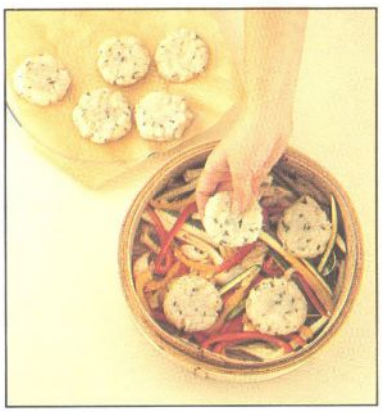
1 cm (½ in) piece fresh root ginger, peeled and chopped
700 g (1½ lb) cod fillets, skinned and chopped
1 egg white, lightly beaten
2 teaspoons cornflour
2 tablespoons chopped fresh chives
salt and ground white pepper
115 g (4 oz) oyster mushrooms
2 shallots
225 g (8 oz) courgettes (zucchini)
1 red pepper (capsicum), halved
1 yellow pepper (capsicum), halved
1 cm (½ in) piece fresh root ginger, peeled
1 clove garlic
fresh chives, to garnish



Put the chopped ginger, cod, egg white, cornflour, chopped chives and seasoning in a food processor or blender and work until they form a firm mixture. Divide mixture into 12 portions and shape into 7.5 cm (3 in) diameter patties. Line a large plate with baking parchment, arrange fish cakes on plate, cover and chill for 30 minutes. Using a sharp knife, thinly slice the mushrooms, shallots, courgettes (zucchini), peppers (capsicum), remaining ginger and garlic.



Bring a wok or large saucepan of water to the boil. Arrange the vegetables on baking parchment in a steamer, place fish cakes on top and place over the water. Cover and steam for 10 minutes until cooked, turning fish cakes halfway through. Garnish with chives and serve with salad and oyster sauce.

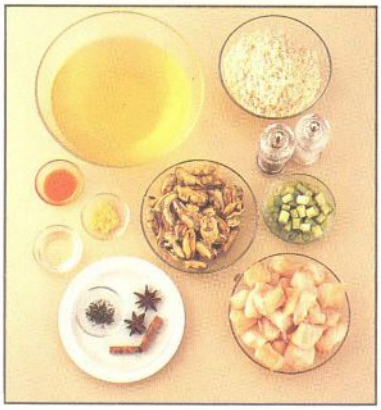


Serves 4.

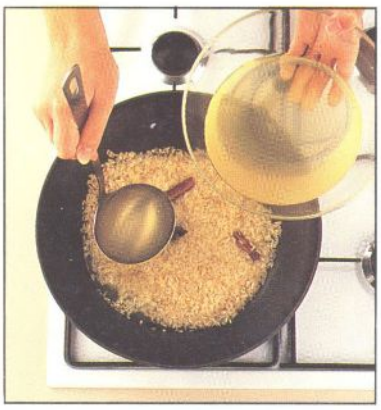
Total Cals/Kj: 647/2717
Cals/Kj per portion: 162/679

Total fat: 6.2 g
Fat per portion: 1.55 g

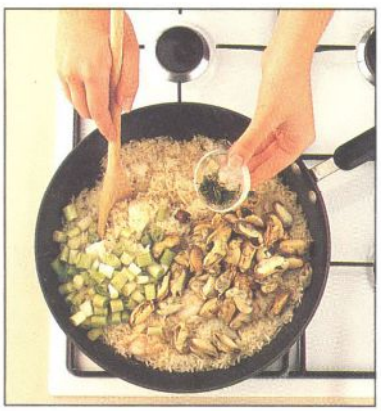
— SPICY RICE WITH MONKFISH —



2 teaspoons sunflower oil
1 teaspoon chilli oil
1 clove garlic, finely chopped
1 whole cinnamon stick, broken
2 star anise
300 g (10 oz/1¼ cups) long grain white rice, rinsed
800 ml (28 fl oz/3½ cups) Chinese Vegetable Stock, page 10
salt and freshly ground black pepper
450 g (1 lb) monkfish tails, skinned and cut into chunks
225 g (8 oz) cooked, shelled mussels
6 spring onions, chopped
grated rind of 1 lime
strips of lime rind, to garnish



Heat oils in a non-stick or well seasoned wok. Gently stir-fry garlic, cinnamon, star anise and rice for 3 minutes, until rice is opaque but not browned. Add stock, bring to the boil and reduce to a simmer. Cook for 15 minutes.



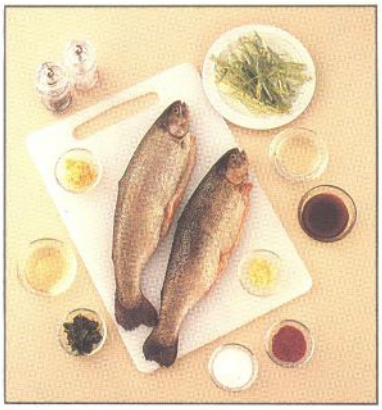
Season well and gently stir in monkfish. Simmer gently for 10 minutes or until most of the liquid has been absorbed. Gently stir in remaining ingredients except garnish and heat through for 3-4 minutes. Discard cinnamon and star anise, garnish with strips of lime rind and serve with a mixed salad.

Serves 4.

Total Cals/Kj: 1816/7627 Total fat: 31.4 g
Cals/Kj per portion: 454/1907 Fat per portion: 7.85 g

— SALT & SOUR BAKED TROUT —

2 x 300 g (10 oz) trout, cleaned
salt and freshly ground black pepper
2 spring onions, finely shredded
1 tablespoon chopped fresh coriander
strips of fresh red chilli, to garnish
SAUCE:
1 clove garlic, finely chopped
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
2 tablespoons white rice vinegar
2 tablespoons light soy sauce
2 tablespoons dry sherry
1 teaspoon salt
1 teaspoon chilli powder
2 teaspoons caster sugar



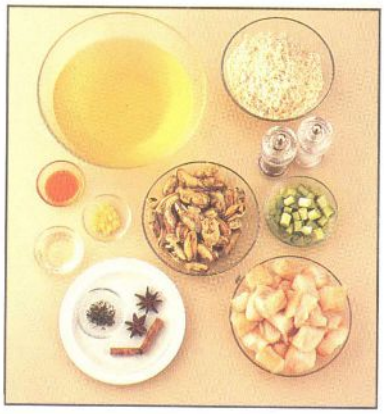
Preheat oven to 180C (350F/Gas 4). Wash trout and pat dry with kitchen paper. Season trout inside and out with salt and pepper. Fill the cavities with spring onion and coriander. Using a sharp knife, score the flesh lightly in diagonal lines. Place trout in a non-stick roasting tin.

Mix together sauce ingredients and pour over trout. Cover loosely with oiled foil and bake for 20 minutes, basting halfway through. Remove foil, baste, and bake, uncovered, for 10 minutes. Skin the trout and remove flesh from bones to give 4 fillets. Brush with cooking juices, garnish with strips of chilli and serve with noodles and vegetables.

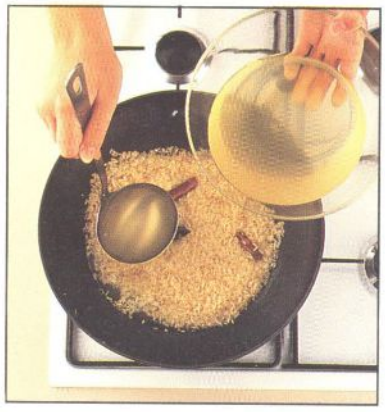
Serves 4.

Total Cals/Kj: 628/2638
Cals/Kj per portion: 157/659
Total fat: 17.1 g
Fat per portion: 4.3 g

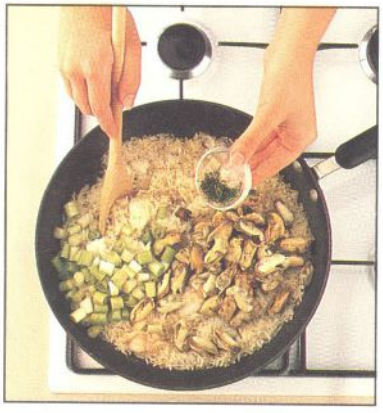
— SPICY RICE WITH MONKFISH —



2 teaspoons sunflower oil
1 teaspoon chilli oil
1 clove garlic, finely chopped
1 whole cinnamon stick, broken
2 star anise
300 g (10 oz/1¼ cups) long grain white rice, rinsed
800 ml (28 fl oz/3½ cups) Chinese Vegetable Stock, page 10
salt and freshly ground black pepper
450 g (1 lb) monkfish tails, skinned and cut into chunks
225 g (8 oz) cooked, shelled mussels
6 spring onions, chopped
grated rind of 1 lime
strips of lime rind, to garnish



Heat oils in a non-stick or well seasoned wok. Gently stir-fry garlic, cinnamon, star anise and rice for 3 minutes, until rice is opaque but not browned. Add stock, bring to the boil and reduce to a simmer. Cook for 15 minutes.



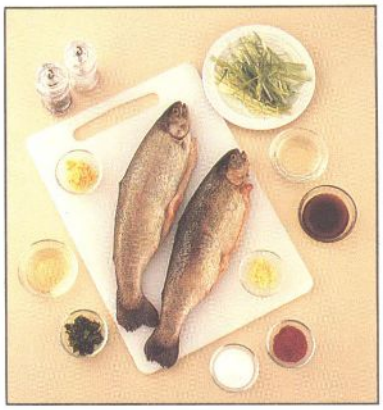
Season well and gently stir in monkfish. Simmer gently for 10 minutes or until most of the liquid has been absorbed. Gently stir in remaining ingredients except garnish and heat through for 3-4 minutes. Discard cinnamon and star anise, garnish with strips of lime rind and serve with a mixed salad.

Serves 4.

Total Cals/Kj: 1816/7627 Total fat: 31.4 g
Cals/Kj per portion: 454/1907 Fat per portion: 7.85 g

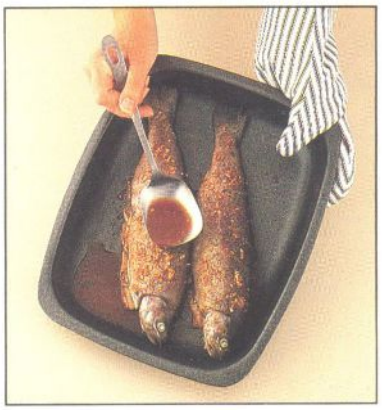
—SALT & SOUR BAKED TROUT—

2 x 300 g (10 oz) trout, cleaned
salt and freshly ground black pepper
2 spring onions, finely shredded
1 tablespoon chopped fresh coriander
strips of fresh red chilli, to garnish
SAUCE:
1 clove garlic, finely chopped
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
2 tablespoons white rice vinegar
2 tablespoons light soy sauce
2 tablespoons dry sherry
1 teaspoon salt
1 teaspoon chilli powder
2 teaspoons caster sugar



Preheat oven to 180C (350F/Gas 4). Wash trout and pat dry with kitchen paper. Season trout inside and out with salt and pepper. Fill the cavities with spring onion and coriander. Using a sharp knife, score the flesh lightly in diagonal lines. Place trout in a non-stick roasting tin.

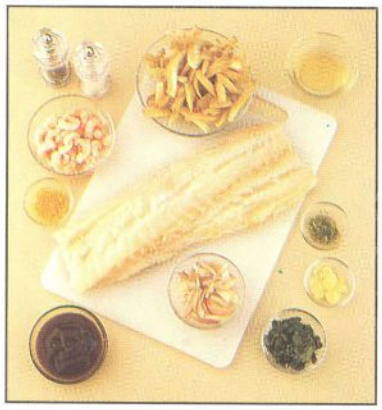
Mix together sauce ingredients and pour over trout. Cover loosely with oiled foil and bake for 20 minutes, basting halfway through. Remove foil, baste, and bake, uncovered, for 10 minutes. Skin the trout and remove flesh from bones to give 4 fillets. Brush with cooking juices, garnish with strips of chilli and serve with noodles and vegetables.



Serves 4.

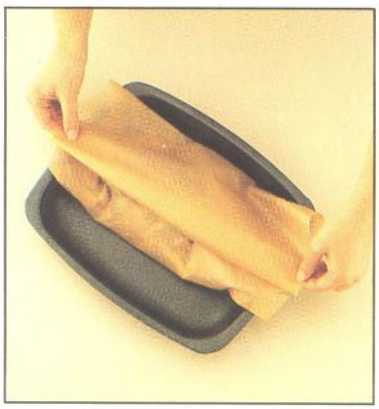
Total Cals/Kj: 628/2638
Cals/Kj per portion: 157/659
Total fat: 17.1 g
Fat per portion: 4.3 g

COD WITH OYSTER SAUCE



700 g (1½ lb) piece cod fillet, skinned
2 shallots, shredded
115 g (4 oz) oyster mushrooms, shredded
2 cloves garlic, finely sliced
115 g (4 oz) cooked, peeled prawns, thawed and dried, if frozen
4 tablespoons oyster sauce
2 tablespoons dry sherry
salt and freshly ground black pepper
grated rind of 1 lime and 1 lemon
2 tablespoons chopped fresh coriander

Preheat oven to 180C (350F/Gas 4). Wash cod fillet and pat dry with kitchen paper. Place on a large piece of baking parchment and put in a roasting tin. Top cod with shallots, mushrooms, garlic and prawns and spoon over oyster sauce and sherry. Season with salt and freshly ground black pepper.



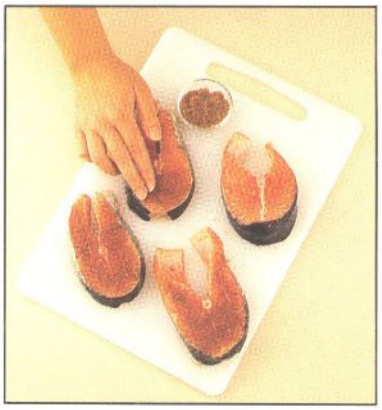
Bring the ends of the baking parchment over the fish and pleat together to seal. Bake for 25 minutes or until cod is cooked through. Carefully lift from paper, sprinkle with lime and lemon rind and coriander and serve with rice and salad.

Serves 4.

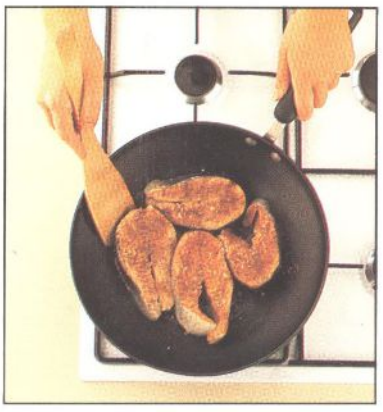
Total Cals/Kj: 717/3011
Cals/Kj per portion: 179/753
Total fat: 6.8 g
Fat per portion: 1.7 g

FIVE-SPICE SALMON STEAKS

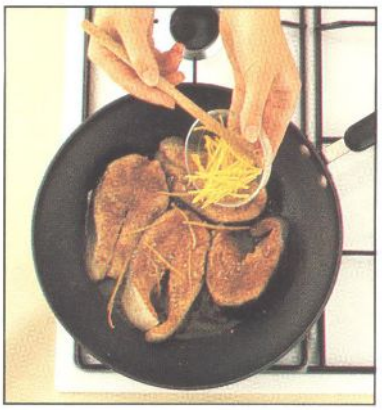
4 x 175 g (6 oz) salmon steaks
2 teaspoons five-spice powder
freshly ground black pepper
1 tablespoon groundnut (peanut) oil
1 clove garlic, finely chopped
2 tablespoons rice wine
1 tablespoon light soy sauce
1 teaspoon sesame oil
pared rind of 1 lemon, cut into fine strips



Wash salmon steaks and pat dry with kitchen paper. Rub both sides with five-spice powder and freshly ground black pepper.



Heat oil in a non-stick or well seasoned wok, add the garlic and gently fry the salmon for 1-2 minutes on each side until salmon is lightly browned.

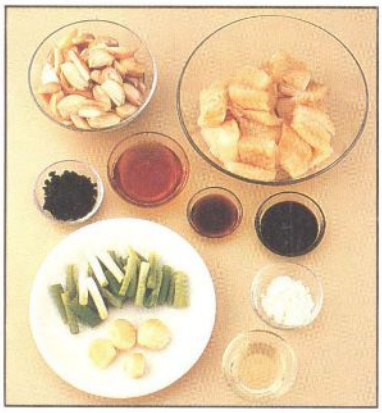


Add the rice wine, soy sauce and sesame oil and simmer gently for 3-4 minutes until the salmon is just cooked through. Stir in lemon rind. Remove salmon with a slotted spoon and remove skin. Serve with wedges of lemon and steamed vegetables.

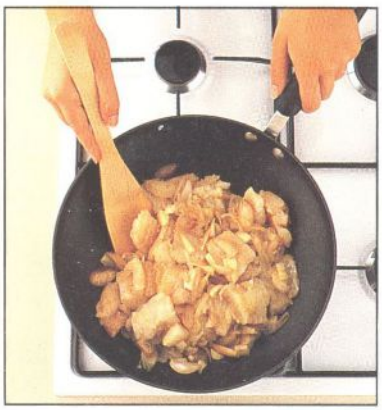
Serves 4.

Total Cals/Kj: 1104/4637 Total fat: 74.2 g
Cals/Kj per portion: 276/1159 Fat per portion: 18.5 g

SMOKY GARLIC FISH STEW



700 g (1½ lb) firm white fish fillets, eg cod, huss or monkfish, skinned and cut into 2.5 cm (1 in) cubes
2 teaspoons light soy sauce
3 tablespoons ginger wine
1 tablespoon cornflour
4 large cloves garlic
1 tablespoon sunflower oil
225 g (8 oz) shallots, sliced
2 tablespoons fermented black beans
4 spring onions, cut into 2.5 cm (1 in) pieces
2 tablespoons dark soy sauce



In a bowl, mix together the cubed fish, light soy sauce, ginger wine and cornflour. Roughly chop the garlic and add to the fish mixture. Cover and chill for 30 minutes. Heat oil in a non-stick or well seasoned wok and stir-fry fish mixture and shallots for 3 minutes until fish is lightly coloured. Remove with a slotted spoon, drain on kitchen paper and set aside.

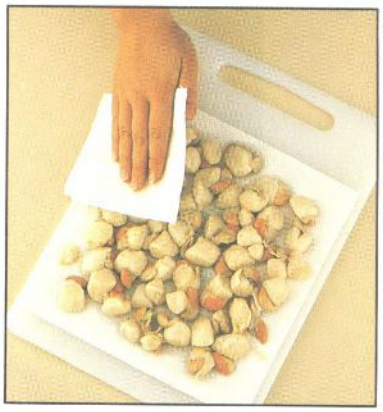
Add remaining ingredients to the wok and stir-fry for 2-3 minutes over a high heat until thick and syrupy. Replace fish mixture and cook for 2 minutes, stirring gently. Serve immediately with noodles and salad.

Serves 4.

Total Cals/Kj: 938/3939 Total fat: 20.1 g
Cals/Kj per portion: 234/985 Fat per portion: 5 g

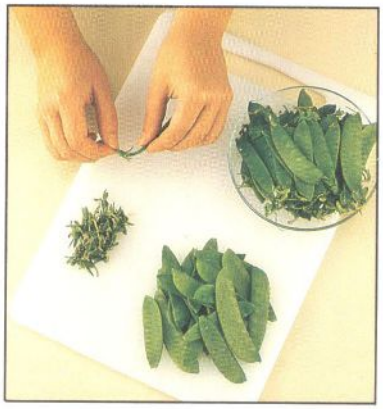
STIR-FRIED SCALLOPS

450 g (1 lb) fresh queen scallops, cleaned and trimmed
225 g (8 oz) baby sweetcorn
225 g (8 oz) mange tout (snow peas)
1 tablespoon sunflower oil
2 shallots, chopped
1 clove garlic, finely chopped
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
2 tablespoons yellow bean sauce
1 tablespoon light soy sauce
1 teaspoon caster sugar
1 tablespoon dry sherry

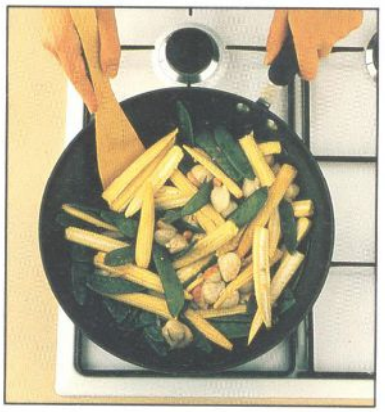


Wash scallops and dry with kitchen paper.

Slice the baby sweetcorn in half lengthways and top and tail the mange tout (snow peas). Heat the oil in a non-stick or well seasoned wok and stir-fry the shallots, garlic and ginger for 1 minute.



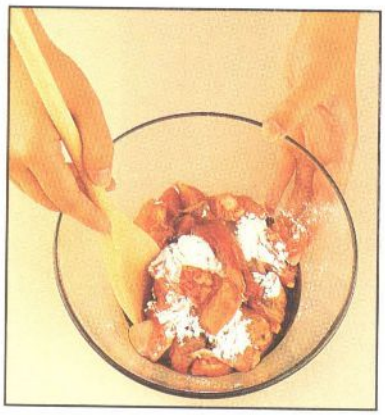
Add scallops, baby sweetcorn and mange tout (snow peas) and stir-fry for 1 minute. Stir in remaining ingredients and simmer for 4 minutes or until scallops and vegetables are cooked through. Serve on a bed of rice.



Serves 4.

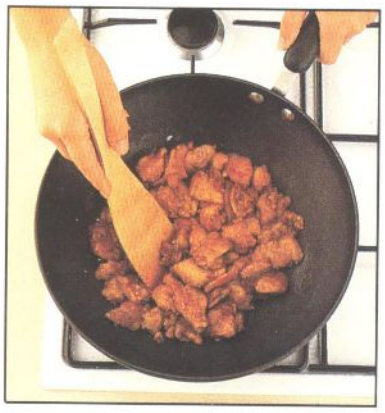
Total Cals/Kj: 847/3557
Cals/Kj per portion: 212/889
Total fat: 22.8 g
Fat per portion: 5.7 g

CHICKEN & BASIL STIR-FRY

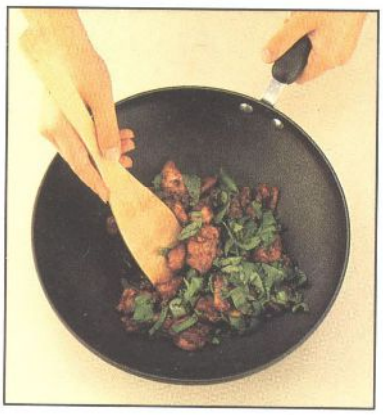


450 g (1 lb) boneless chicken thighs
1 tablespoon dark soy sauce
1 tablespoon cornflour
1 tablespoon groundnut (peanut) oil
2 cloves garlic, thinly sliced
1 fresh red chilli, seeded and thinly sliced
1 teaspoon chilli powder
1 tablespoon hoisin sauce
small bunch basil leaves, shredded
basil leaves and blanched red chilli strips, to garnish

Skin and trim the chicken. Cut into 2.5 cm (1 in) strips and place in a bowl. Stir in the soy sauce and cornflour.



Heat the oil in a non-stick or well seasoned wok and stir-fry chicken with garlic and chilli for 7-8 minutes.



Add chilli powder and hoisin sauce and cook for a further 2 minutes. Remove from heat and stir in shredded basil. Garnish with basil and chilli strips and serve on a bed of rice.

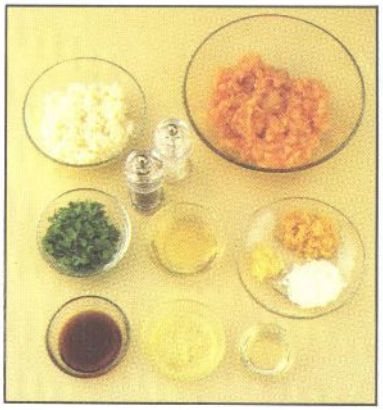
Serves 4.

Total Cals/Kj: 720/2982
Cals/Kj per portion: 178/746

Total fat: 37.2 g
Fat per portion: 9.3 g

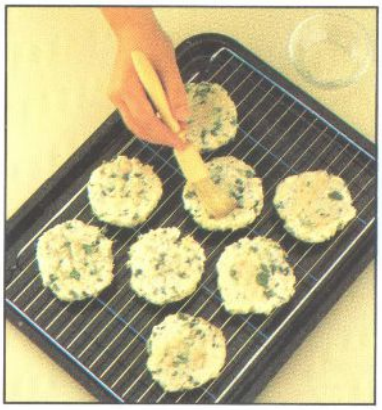
GINGER CHICKEN PATTIES

450 g (1 lb) lean chicken, minced
1 clove garlic, finely chopped
2.5 cm (1 in) piece fresh root ginger, peeled and finely chopped
4 tablespoons chopped fresh coriander
1 tablespoon cornflour
225 g (8 oz/2 cups) cooked long grain white rice
salt and freshly ground black pepper
1 egg white, lightly beaten
2 teaspoons sunflower oil
fresh coriander leaves, to garnish
DIP:
2 tablespoons light soy sauce
2 tablespoons dry sherry
1 cm (½ in) piece fresh root ginger, peeled and grated



In a bowl, mix together the minced chicken, garlic, ginger and coriander. Stir in the cornflour, cooked rice and seasoning. Bind together with egg white. Divide the mixture into 8 portions and shape into 7.5 cm (3 in) diameter patties, dusting the hands with extra cornflour if needed. Place on a plate, cover and chill for 30 minutes.

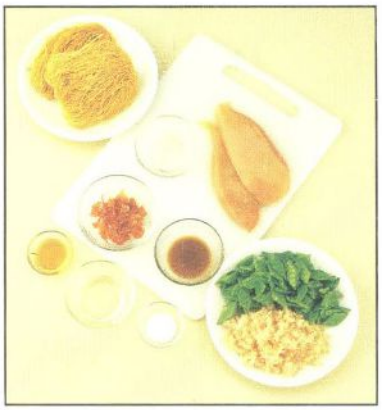
Preheat grill. Brush grill rack lightly with oil and place patties on rack. Brush tops lightly with oil and cook for 4 minutes. Turn patties over, brush again with oil and cook for a further 3-4 minutes until cooked through. Drain on kitchen paper. Mix together ingredients for dip. Garnish patties with coriander and serve with the dip and salad.



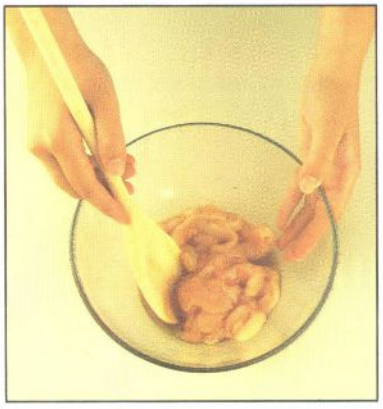
Serves 4.

Total Cals/Kj: 1048/4402 Total fat: 33.2 g
Cals/Kj per portion: 262/1100 Fat per portion: 8.3 g

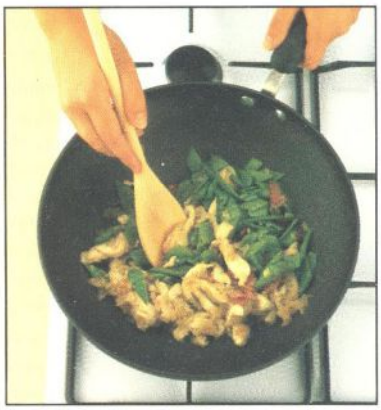
CHICKEN CHOW MEIN



225 g (8 oz) dried egg noodles
225 g (8 oz) skinless, boneless chicken breasts
1 tablespoon light soy sauce
1 tablespoon dry sherry
1 tablespoon sunflower oil
4 shallots, finely chopped
115 g (4 oz) mange tout (snow peas), sliced diagonally
25 g (1 oz) Parma ham, trimmed and finely diced
1 teaspoon sesame oil
1 teaspoon caster sugar
2 spring onions, finely shredded, to garnish



Bring a large saucepan of water to the boil and cook the noodles for 3-4 minutes. Drain well, rinse, put in cold water and set aside. Trim chicken breasts. Using a sharp knife, shred into 0.5 cm (¼ in) strips. In a bowl, mix chicken strips with soy sauce and sherry.



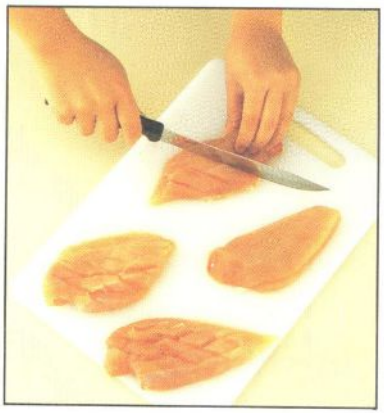
Heat the sunflower oil in a non-stick or well seasoned wok and stir-fry chicken and shallots for 2 minutes. Add mange tout (snow peas) and ham and stir-fry for 1 minute. Drain noodles well and add to pan along with sesame oil and sugar. Cook, stirring, for 2 minutes to warm through. Garnish with spring onions and serve.

Serves 4.

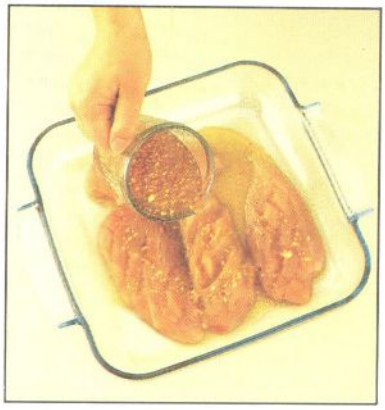
Total Cals/Kj: 1586/6661
Cals/Kj per portion: 397/1665
Total fat: 56.3 g
Fat per portion: 14.07 g

LEMON & HONEY CHICKEN

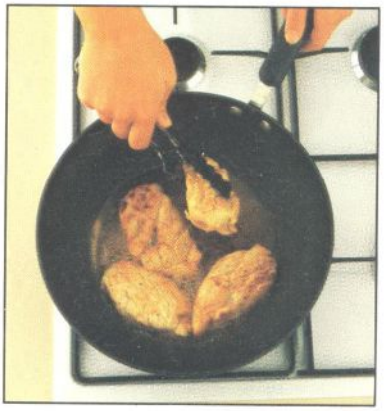
4 x 115g (4oz) boneless chicken breasts
3 tablespoons clear honey
4 teaspoons light soy sauce
grated rind and juice of 2 lemons
1 clove garlic, finely chopped
freshly ground black pepper
1 tablespoon sunflower oil
2 tablespoons chopped fresh chives
thin strips of lemon rind, to garnish



Skin and trim the chicken breasts. Using a sharp knife, score the chicken breasts in a criss-cross pattern on both sides, taking care not to slice all the way through. Place in a shallow dish.



Mix together the honey, soy sauce, lemon rind and juice, garlic and black pepper. Pour over chicken, cover and chill for 1 hour.



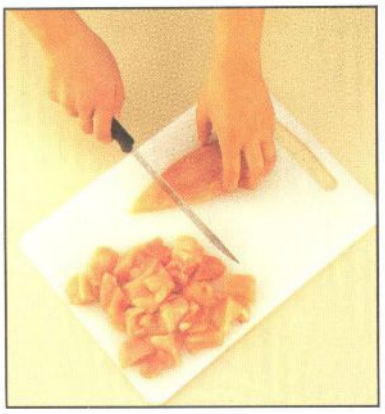
Heat the oil in a non-stick or well seasoned wok. Drain chicken, reserving marinade, and cook for 2-3 minutes on each side, until lightly golden. Add marinade and simmer gently for 5 minutes, turning frequently, until chicken is cooked through and sauce syrupy. Stir in chives, garnish with lemon rind and serve on a bed of noodles.

Serves 4.

Total Cals/Kj: 814/3419
Cals/Kj per portion: 204/855

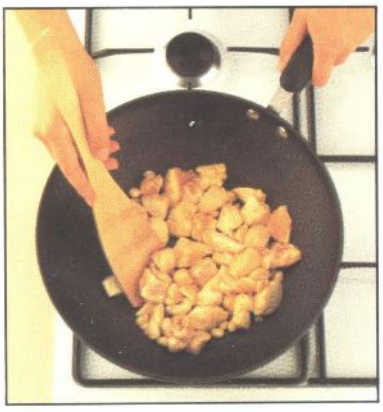
Total fat: 27.6g
Fat per portion: 6.9g

CHICKEN WITH PEANUTS

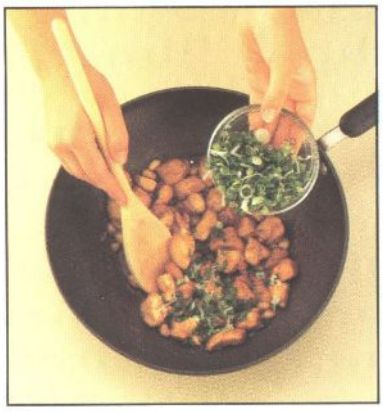


450 g (1 lb) boneless chicken breasts
1 tablespoon chilli oil
2.5 cm (1 in) piece fresh root ginger, peeled and finely chopped
50 g (2 oz) raw peanuts, skins removed
1 tablespoon Chinese Chicken Stock, page 12
1 tablespoon dry sherry
1 tablespoon dark soy sauce
1 teaspoon brown sugar
1 teaspoon five-spice powder
1 teaspoon white rice vinegar
4 spring onions, finely chopped

Skin and trim the chicken breasts. Cut into 2.5 cm (1 in) pieces.



Heat the oil in a non-stick or well seasoned wok and gently stir-fry the chicken, ginger and peanuts for 2 minutes until the chicken is just coloured.



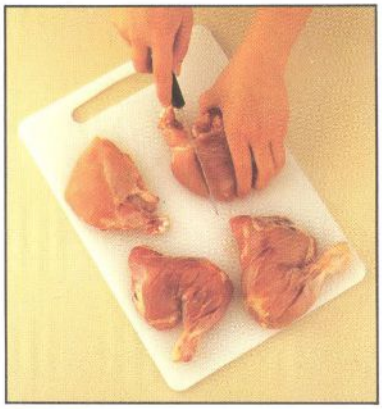
Add the remaining ingredients except the spring onions and simmer for 5 minutes, stirring occasionally. Remove from heat and stir in spring onions. Serve with salad.

Serves 4.

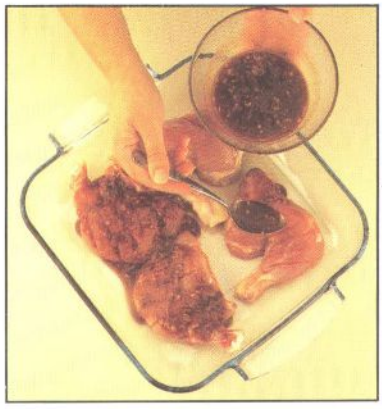
Total Cals/Kj: 982/4124
Cals/Kj per portion: 246/1031
Total fat: 45.3 g
Fat per portion: 11.32 g

CHINESE BARBECUE CHICKEN

4 x 225 g (8 oz) chicken quarters
2 cloves garlic, finely chopped
2.5 cm (1 in) piece fresh root ginger, peeled and finely chopped
4 tablespoons hoisin sauce
2 tablespoons dry sherry
1 teaspoon chilli sauce
1 tablespoon dark soy sauce
1 tablespoon brown sugar
1 tablespoon chopped fresh chives, to garnish



Skin chicken quarters and trim away any fat. Wash and pat dry with kitchen paper. Using a sharp knife, score the top of the quarters in diagonal lines.



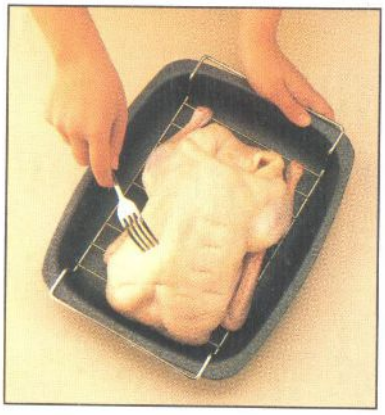
Place chicken in a shallow dish. Mix together all the remaining ingredients except the chives and spoon over the prepared quarters. Cover and chill overnight.

Preheat grill or barbecue. Place chicken on grill rack and cook for 20 minutes, turning once, until cooked through. Garnish with chives and serve with rice and salad.

Serves 4.

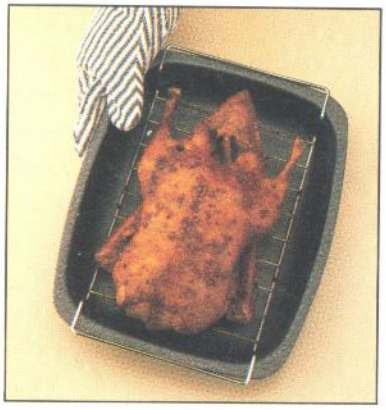
Total Cals/Kj: 673/2827
Cals/Kj per portion: 168/707
Total fat: 18.7 g
Fat per portion: 4.68 g

SOY-ROASTED DUCKLING



2.25 kg (5 lb) duckling, giblets removed
4 tablespoons dark soy sauce
2 tablespoons brown sugar
2 cloves garlic, finely chopped
DIP:
1 tablespoon sunflower oil
4 spring onions, finely chopped
1 clove garlic, finely chopped
3 tablespoons dark soy sauce
2 teaspoons brown sugar
2 tablespoons dry sherry

Preheat oven to 190C (375F/Gas 5). Wash duckling and pat dry. Place on a wire rack in a roasting tin. Prick all over with a fork.



Sprinkle over soy sauce, brown sugar and garlic. Bake for 2 hours 15 minutes until juices run clear and skin is well browned. Make the dip. Heat the oil in a non-stick or well seasoned wok and stir-fry spring onions and garlic for 1 minute. Drain on kitchen paper and mix with remaining ingredients.

To serve, remove all skin and fat from duckling and shred flesh away from bone. Serve with the dip, soft pancakes and shredded spring onions and cucumber.

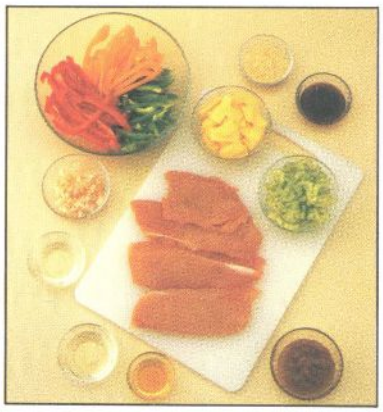
Serves 4.

Total Cals/Kj: 1248/5242 Total fat: 47.8 g
Cals/Kj per portion: 312/1310 Fat per portion: 11.95 g

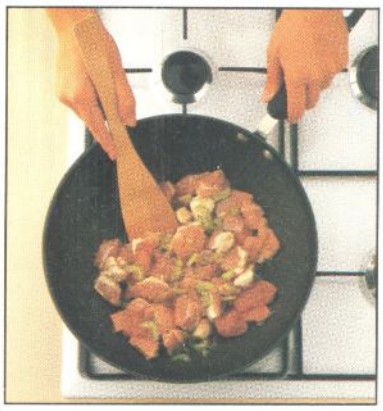
Note: Soft pancakes can be bought ready-made from Chinese supermarkets.

SWEET & SOUR TURKEY

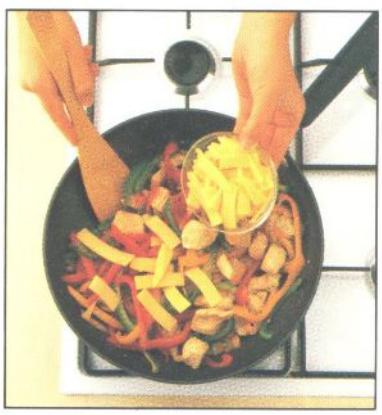
450 g (1 lb) skinless, boneless turkey
1 tablespoon sunflower oil
2 shallots, chopped
2 sticks celery, sliced
2 tablespoons light soy sauce
1 red pepper (capsicum), sliced
1 yellow pepper (capsicum), sliced
1 green pepper (capsicum), sliced
115 g (4 oz) canned bamboo shoots, drained
3 tablespoons plum sauce
2 tablespoons white rice vinegar
1 teaspoon sesame oil
2 tablespoons sesame seeds



Trim away any excess fat from turkey. Cut into 2.5 cm (1 in) cubes. Heat oil in a non-stick or well seasoned wok and stir-fry turkey, shallots and celery for 2-3 minutes until lightly coloured.



Add soy sauce and peppers (capsicum) and stir-fry for 2 minutes. Stir in bamboo shoots, plum sauce and vinegar and simmer gently for 2 minutes. Stir in sesame oil, sprinkle with sesame seeds and serve.

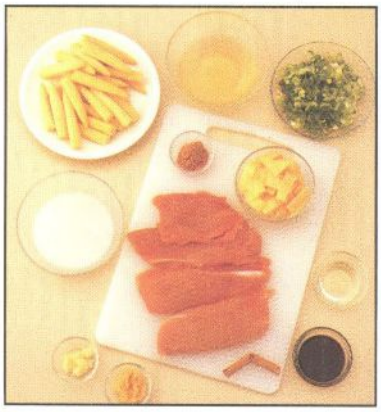


Serves 4.

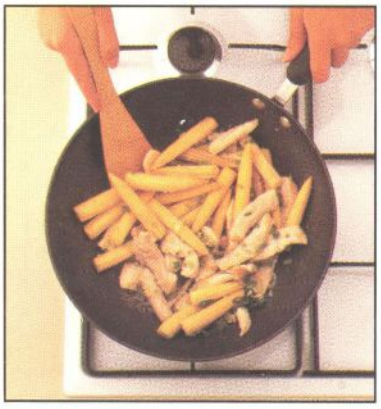
Total Cals/Kj: 931/3910
Cals/Kj per portion: 233/978

Total fat: 39 g
Fat per portion: 9.75 g

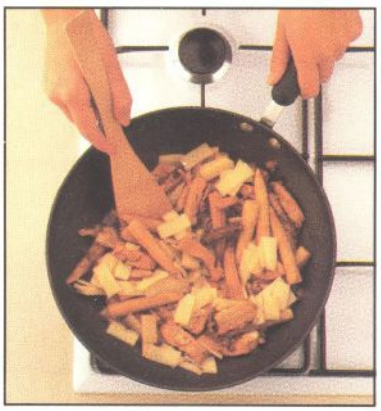
—TURKEY & BAMBOO CURRY—



3 tablespoons unsweetened desiccated coconut, soaked in 150 ml (5 fl oz/⅔ cup) boiling water for 30 minutes
450 g (1 lb) skinless, boneless turkey
1 tablespoon sunflower oil
1 clove garlic, finely chopped
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
4 spring onions, chopped
175 g (6 oz) baby sweetcorn
2 tablespoons dark soy sauce
1 whole cinnamon stick, broken
1 teaspoon ground coriander
150 ml (5 fl oz/⅔ cup) Chinese Chicken Stock, page 12
115 g (4 oz) canned bamboo shoots, drained



Pour coconut mixture through a fine sieve placed over a bowl, pressing the coconut with the back of a spoon to extract all the liquid. Reserve liquid and discard coconut. Trim away any excess fat from turkey. Cut into 1 cm (½ in) strips. Heat oil in a non-stick or well seasoned wok and stir-fry turkey, garlic, ginger, spring onions and baby sweetcorn for 2 minutes until turkey is lightly coloured.



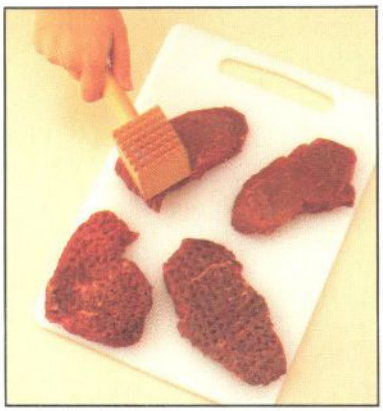
Stir in soy sauce, cinnamon stick, ground coriander, coconut water and stock. Bring to the boil and simmer gently for 20 minutes. Stir in bamboo shoots and simmer gently for 5 minutes. Discard cinnamon stick and serve with rice and salad.

Serves 4.

Total Cals/Kj: 849/3566
Cals/Kj per portion: 212/891
Total fat: 38.2 g
Fat per portion: 9.55 g

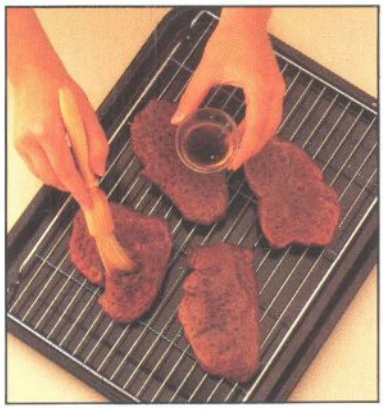
— STEAKS WITH CHILLI SAUCE —

4 x 115 g (4 oz) lean fillet steaks
1 teaspoon dark soy sauce
1 clove garlic, finely chopped
1 teaspoon sesame oil
2 tablespoons chopped fresh chives, to garnish
SAUCE:
1 teaspoon sunflower oil
1 fresh green chilli, seeded and finely chopped
1 shallot, finely chopped
1 teaspoon chilli sauce
2 tablespoons red rice vinegar
4 tablespoons dry sherry
1 teaspoon brown sugar

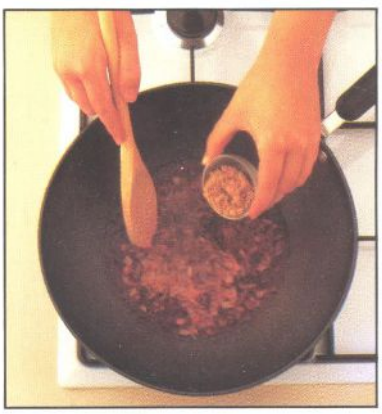


Trim any fat from the steaks. Tenderize lightly with a meat tenderizer or rolling pin.

Preheat grill. Place steaks on grill rack. Mix together the soy sauce, garlic and sesame oil and brush over steaks. Grill for 3-4 minutes on each side, brushing with the soy sauce mixture to prevent drying out.



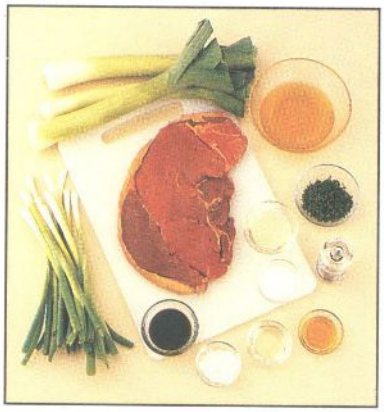
Meanwhile, make the sauce. Heat oil in a non-stick or well seasoned wok and stir-fry the chilli and shallot over a low heat for 1 minute. Add remaining ingredients and simmer gently for 2-3 minutes. Drain cooked steaks on kitchen paper. Sprinkle with chives and serve with the sauce and a salad.



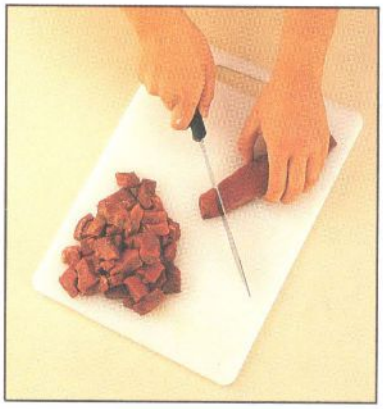
Serves 4.

Total Cals/Kj: 743/3121
Cals/Kj per portion: 186/780
Total fat: 30.8 g
Fat per portion: 7.7 g

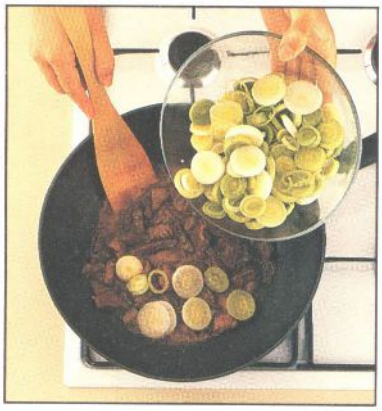
—STIR-FRIED BEEF WITH LEEKS—



450 g (1 lb) lean rump or sirloin steak
1 tablespoon dark soy sauce
1 teaspoon sesame oil
freshly ground black pepper
1 tablespoon dry sherry
2 teaspoons cornflour
450 g (1 lb) leeks
115 g (4 oz) spring onions
2 teaspoons sunflower oil
2 teaspoons caster sugar
150 cm (5 fl oz/⅔ cup) Chinese Beef Stock, page 11
2 tablespoons chopped fresh chives
fresh chives, to garnish



Trim any fat from the beef and cut into 2 cm (¾ in) pieces. Place in a bowl and mix in soy sauce, sesame oil, black pepper, sherry and cornflour. Cover and chill for 30 minutes. Trim leeks and discard any coarse outer leaves. Slice thinly and wash well to remove any soil. Trim and shred the spring onions.



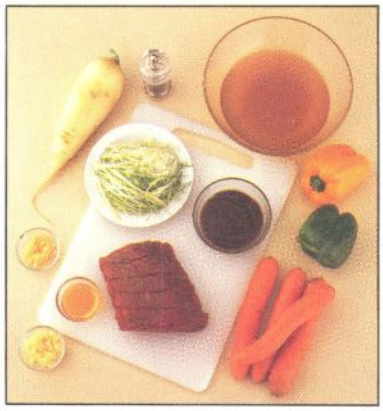
Heat oil in a non-stick or well seasoned wok and stir-fry beef mixture for 1-2 minutes until beef is browned. Add leeks, spring onions and sugar and stir-fry for 3-4 minutes until browned. Pour in the stock and simmer for 5 minutes, stirring occasionally, until thickened. Stir in chopped chives, garnish with chives and serve with noodles.

Serves 4.

Total Cals/Kj: 955/4011 Total fat: 38.3 g
Cals/Kj per portion: 239/1003 Fat per portion: 9.6 g

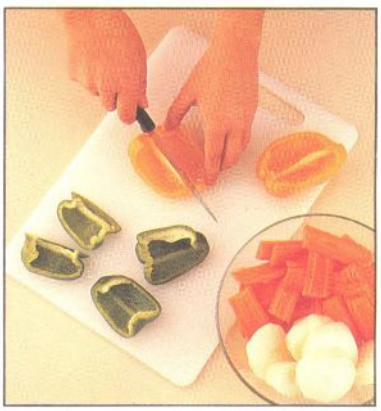
ROAST HOISIN BEEF

700 g (1½ lb) lean topside or silverside of beef
freshly ground black pepper
2 cloves garlic, finely chopped
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
2 teaspoons sesame oil
4 tablespoons hoisin sauce
450 ml (16 fl oz/2 cups) Chinese Beef Stock, page 11
4 carrots
1 daikon (mooli)
1 large green pepper (capsicum)
1 large yellow pepper (capsicum)
4 spring onions, shredded
spring onion rings, to garnish



Preheat oven to 180C (350F/Gas 4). Trim any fat from the beef and place in a non-stick roasting tin. Season with black pepper. Mix together the garlic, ginger, sesame oil and hoisin sauce and spread over beef. Pour half the stock into the tin and roast for 1 hour, basting occasionally to prevent drying out.

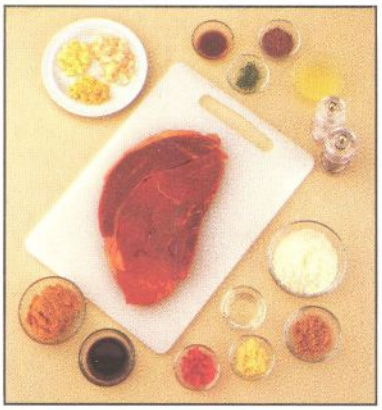
Meanwhile, peel carrots and daikon (mooli). Halve carrots and slice lengthways. Slice daikon widthways. Quarter and seed the peppers (capsicum). Arrange around beef, pour in the remaining stock and cook for 45-60 minutes or until tender. Drain beef and vegetables. Slice beef and serve with the vegetables, topped with shredded spring onions and garnished with spring onion rings.



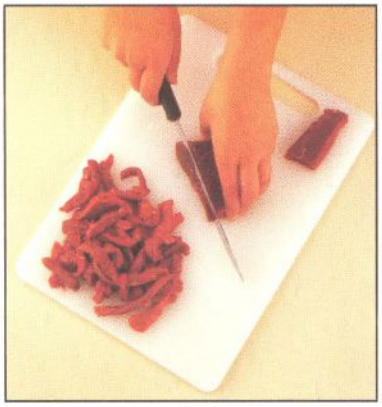
Serves 4.

Total Cals/Kj: 1429/6002 Total fat: 48.4 g
Cals/Kj per portion: 357/1500 Fat per portion: 12.1 g

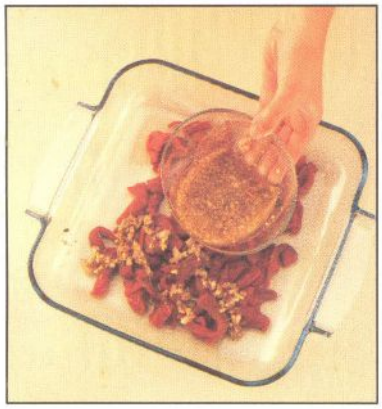
LIGHT BEEF SATAY



450 g (1 lb) lean rump or sirloin steak
MARINADE:
1 shallot, finely chopped
2.5 cm (1 in) piece fresh root ginger, peeled and finely chopped
2 cloves garlic, finely chopped
grated rind and juice of 1 lime
2 teaspoons garam masala
salt and freshly ground black pepper
1 teaspoon light soy sauce
SAUCE:
6 tablespoons unsweetened desiccated coconut
2 tablespoons crunchy peanut butter
1 tablespoon brown sugar
1 teaspoon sunflower oil
2 cloves garlic, finely chopped
1 fresh red chilli, seeded and chopped
1 tablespoon dark soy sauce
strips of fresh red chilli, to garnish

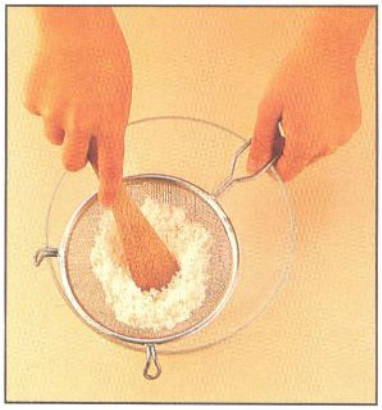


Soak 8 bamboo skewers in cold water to prevent the beef sticking to them. Trim any fat from the beef and cut into ½ cm (¼ in) strips. Place in a shallow dish.

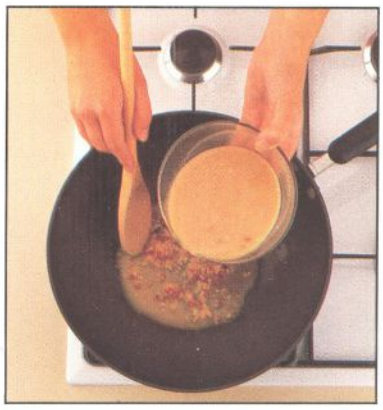


Mix together the marinade ingredients and pour over the beef. Mix well, cover and chill for 2 hours.

Meanwhile, make the sauce. Place the desiccated coconut in a bowl and pour over 250 ml (9 fl oz/1 cup) boiling water. Leave for 30 minutes. Place a fine sieve over a bowl and pour the mixture through the sieve, pressing the coconut with a spatula or spoon to extract all the water. Discard coconut.



Blend coconut water with the peanut butter and brown sugar. Heat oil in a non-stick or well seasoned wok and stir-fry garlic and chilli for 1 minute. Stir in peanut butter mixture and soy sauce and bring to the boil. Reduce heat and simmer for 10 minutes, stirring occasionally, until thickened. Set aside.

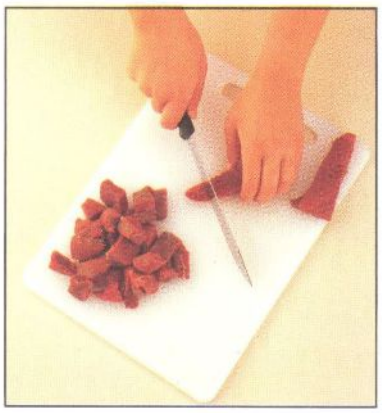


Thread beef strips along each skewer in the shape of an S. Preheat grill. Cover ends of skewers with foil to prevent burning. Grill beef for 3-4 minutes on each side. Drain on kitchen paper. Reheat peanut sauce. Garnish with strips of red chilli. Serve the beef skewers on a bed of rice with the peanut sauce, lime wedges and a green salad.

Serves 4.

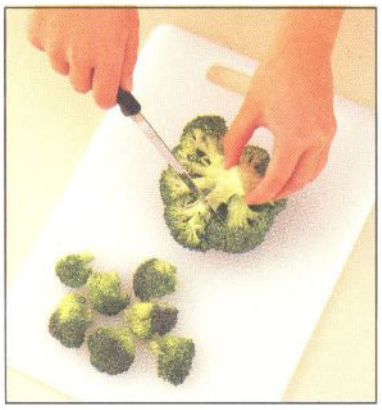
Total Cals/Kj: 973/4087 Total fat: 48 g
Cals/Kj per portion: 243/1022 Fat per portion: 12 g

– BEEF WITH WATER CHESTNUTS –

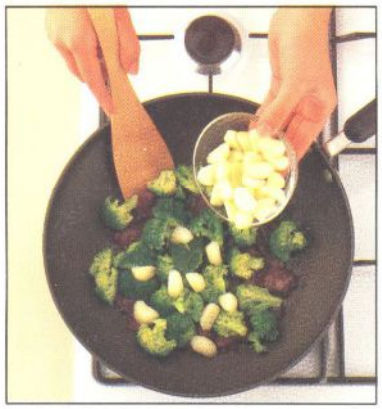


450 g (1 lb) lean rump or sirloin steak
1 tablespoon dark soy sauce
1 tablespoon dry sherry
1 teaspoon chilli sauce
2 teaspoons brown sugar
2 teaspoons cornflour
225 g (8 oz) broccoli
115 g (4 oz) canned water chestnuts, drained
1 tablespoon sunflower oil
salt and freshly ground black pepper
strips of fresh red chilli, to garnish

Trim any fat from the beef and cut into 2 cm (¾ in) pieces.



Place beef in a bowl, and mix with soy sauce, sherry, chilli sauce, sugar and cornflour. Cover and chill for 30 minutes. Meanwhile, cut the broccoli into small flowerets. Bring a small saucepan of water to the boil and cook the broccoli for 3 minutes. Drain and rinse in cold water. Halve the water chestnuts.



Heat the oil in a non-stick or well seasoned wok. Add the beef mixture and stir-fry for 2-3 minutes. Add the broccoli and water chestnuts, season and stir-fry for 3 minutes. Garnish with strips of red chilli and serve with noodles.

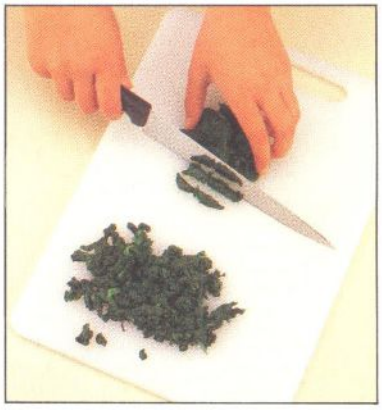
Serves 4.

Total Cals/Kj: 898/3772
Cals/Kj per portion: 224/943

Total fat: 37.9 g
Fat per portion: 9.5 g

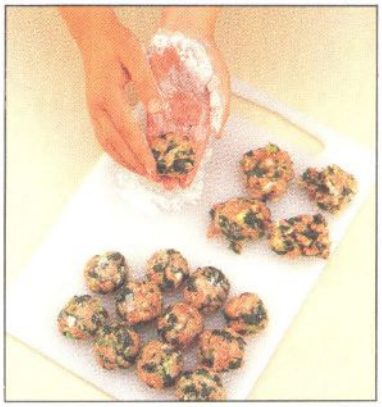
SPINACH & PORK BALLS

225 g (8 oz) fresh spinach, tough stalks removed
4 spring onions, finely chopped
350 g (12 oz) lean minced pork
1 clove garlic, finely chopped
1 egg white
2 tablespoons cornflour
salt and freshly ground black pepper
DIP:
2 tablespoons light soy sauce
1 clove garlic, finely chopped
2 tablespoons dry sherry
1 teaspoon brown sugar

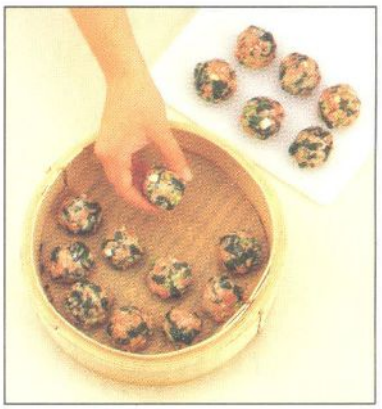


Blanch spinach in boiling salted water for a few seconds until soft. Drain and rinse in cold water. Dry on kitchen paper and shred.

In a bowl, mix together the spinach, spring onions, minced pork, garlic, egg white, cornflour and seasoning. Bring together to form a dough-like mixture and divide into 16 portions. Roll each portion into a ball, flouring the hands with extra cornflour to prevent sticking.



Bring a wok or large saucepan of water to the boil. Arrange pork balls on a layer of baking parchment in a steamer, put over the water, cover and steam for 8-10 minutes until cooked through. Mix together the dip ingredients. Serve the pork balls with the dip and steamed vegetables.

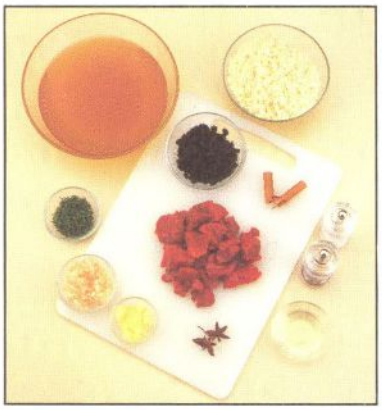


Serves 4.

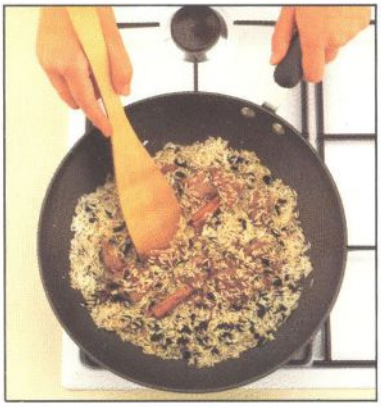
Total Cals/Kj: 819/3440
Cals/Kj per portion: 205/860

Total fat: 26.4 g
Fat per portion: 6.6 g

BLACK BEAN BEEF & RICE



1 tablespoon sunflower oil
2 shallots, chopped
2 cloves garlic, finely chopped
1 whole cinnamon stick, broken
2 star anise
225 g (8 oz) lean stewing beef, trimmed and cut into 2 cm (¾ in) cubes
3 tablespoons fermented black beans
300 g (10 oz/1¼ cups) long grain white rice, rinsed
800 ml (28 fl oz/3½ cups) Chinese Beef Stock, page 11
salt and freshly ground black pepper
2 tablespoons chopped fresh chives, to garnish



Heat oil in a non-stick or well seasoned wok and stir-fry shallots, garlic, cinnamon stick, star anise, cubed beef, black beans and rice for 2-3 minutes until the beef is browned and the rice is opaque.

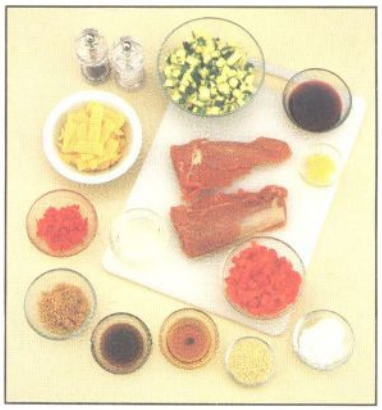
Pour in the stock and bring to the boil. Reduce the heat and simmer for 25 minutes until liquid is absorbed and beef is tender. Discard cinnamon stick and star anise. Garnish with chives and serve with salad.

Serves 4.

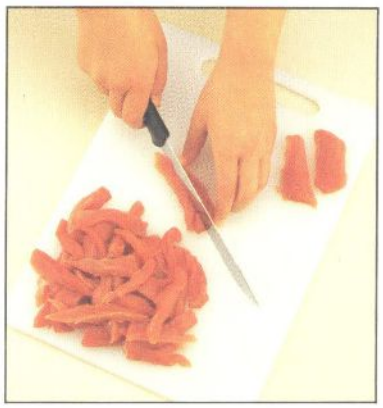
Total Cals/Kj: 1812/7610
Cals/Kj per portion: 453/1903
Total fat: 28.9 g
Fat per portion: 7.2 g

HOT SWEET PORK

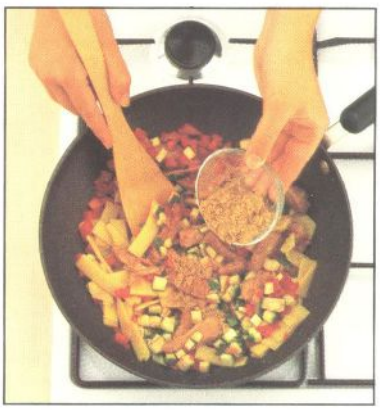
350 g (12 oz) lean pork fillet
1 tablespoon light soy sauce
1 tablespoon rice wine
freshly ground black pepper
1 tablespoon cornflour
1 tablespoon sunflower oil
2 fresh red chillis, seeded and chopped
1 clove garlic, finely chopped
1 red pepper (capsicum), diced
225 g (8 oz) courgettes (zucchini), diced
115 g (4 oz) canned bamboo shoots, drained
2 tablespoons red rice vinegar
2 tablespoons brown sugar
large pinch of salt
1 tablespoon sesame seeds
strips of fresh red chilli, to garnish



Trim any fat and silver skin from the pork fillet. Cut into 1 cm (½ in) strips. Place in a bowl and mix with soy sauce, rice wine, black pepper and cornflour. Cover and chill for 30 minutes.



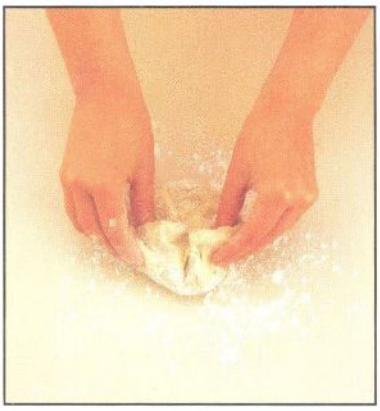
Heat oil in a non-stick or well seasoned wok and stir-fry pork mixture for 1-2 minutes until pork is browned. Add remaining ingredients except the sesame seeds and garnish and continue to stir-fry for a further 4-5 minutes until vegetables are just cooked through. Sprinkle with sesame seeds, garnish with chilli strips and serve with noodles.



Serves 4.

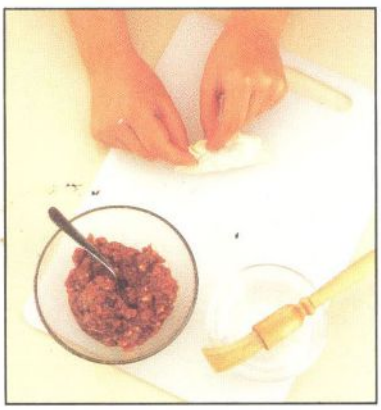
Total Cals/Kj: 1007/4229 Total fat: 47 g
Cals/Kj per portion: 252/1057 Fat per portion: 11.75 g

POT-STICKER DUMPLINGS

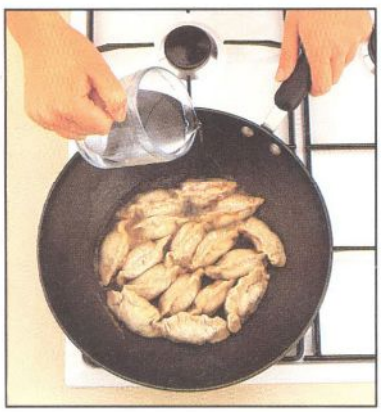


115 g (4 oz) plain flour
1 tablespoon sunflower oil
FILLING:
115 g (4 oz) lean minced pork
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
1 tablespoon dark soy sauce
1 tablespoon dry sherry
large pinch of ground white pepper

Place flour in a bowl and gradually add 115 ml (4 fl oz/½ cup) hot water, mixing well to form a dough. Turn out on to a floured surface and knead until smooth.



Return to the bowl, cover and set aside for 20 minutes. Mix together all the filling ingredients. Divide dough into 16 and, on a floured surface, flatten each portion into a flat round about 6 cm (2½ in) in diameter. Take one round at a time, keeping remaining rounds covered with a damp tea towel, and place a little filling in the centre. Brush edge of dough with water and bring the dough together over the filling, pinching edges together and pleating or folding them to seal. Cover with a damp tea towel while you make the remainder.



Heat the oil in a non-stick or well seasoned wok and place dumplings, flat side down, in the wok. Cook for 2 minutes until lightly browned on base. Add 150 ml (5 fl oz/⅔ cup) water, cover and cook for 10 minutes. Uncover and cook for 2 minutes. Drain and serve with a crisp salad and hoisin sauce as a dip, if liked.

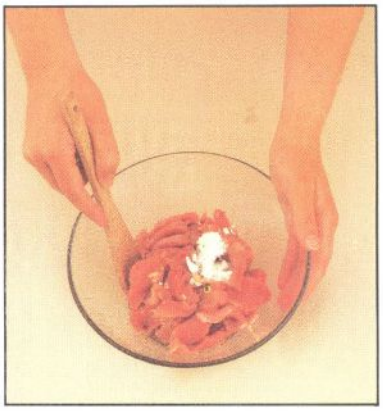
Serves 4.

Total Cals/Kj: 728/3058
Cals/Kj per portion: 182/764

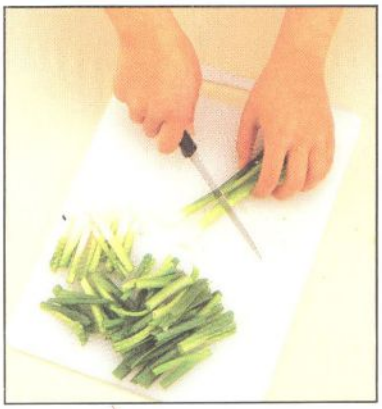
Total fat: 24.5 g
Fat per portion: 6.1 g

PORK WITH WALNUTS

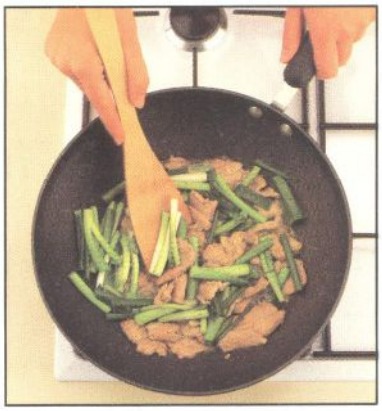
450 g (1 lb) lean pork fillet
1 tablespoon rice wine
1 tablespoon light soy sauce
1 teaspoon cornflour
1 bunch spring onions
2 teaspoons sunflower oil
1 teaspoon caster sugar
salt and freshly ground black pepper
25 g (1 oz/¼ cup) walnut pieces



Trim any fat and silver skin from pork and cut into 0.5 cm (¼ in) strips. Place in a bowl and add rice wine, soy sauce and cornflour. Mix well, cover and chill for 30 minutes.



Trim the spring onions, discarding any damaged outer leaves. Cut the spring onions into 5 cm (2 in) pieces.



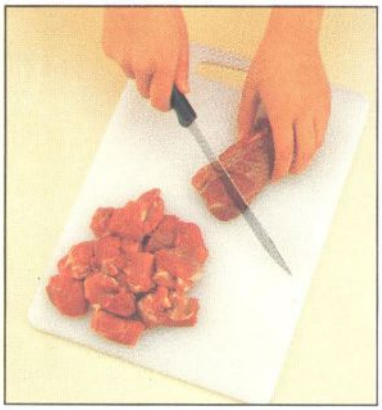
Heat oil in a non-stick or well seasoned wok and stir-fry pork mixture for 2-3 minutes until browned. Add spring onions, sugar and seasoning and stir-fry for 3 minutes. Sprinkle with walnut pieces and serve with noodles.

Serves 4.

Total Cals/Kj: 1056/4435
Cals/Kj per portion: 264/1109

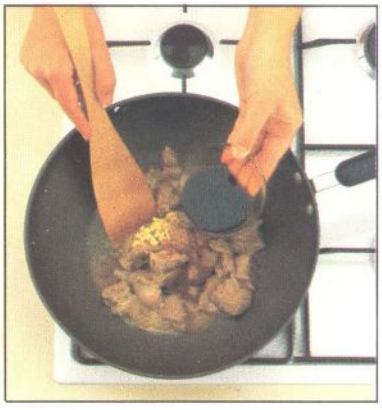
Total fat: 51.2 g
Fat per portion: 12.8 g

RED-COOKED LAMB FILLET

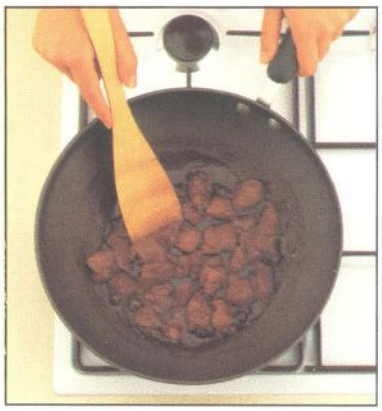


450 g (1 lb) lean lamb fillet
3 tablespoons dry sherry
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
2 cloves garlic, thinly sliced
1 teaspoon five-spice powder
3 tablespoons dark soy sauce
300 ml (10 fl oz/1¼ cups) Chinese Vegetable Stock, page 10
2 teaspoons caster sugar
2 teaspoons cornflour mixed with 4 teaspoons water
salt and freshly ground black pepper
shredded spring onions, to garnish

Trim any excess fat and silver skin from lamb and cut into 2 cm (¾ in) cubes.



Blanch the lamb in a saucepan of boiling water for 3 minutes. Drain well. Heat a non-stick or well seasoned wok and add the lamb with the sherry, ginger, garlic, five-spice powder and soy sauce. Bring to the boil, reduce heat and simmer for 2 minutes, stirring. Pour in stock, return to the boil and simmer for 25 mintues.



Add sugar, cornflour mixture and seasoning and stir until thickened. Simmer gently for 5 minutes. Garnish with shredded spring onions and serve on a bed or rice.

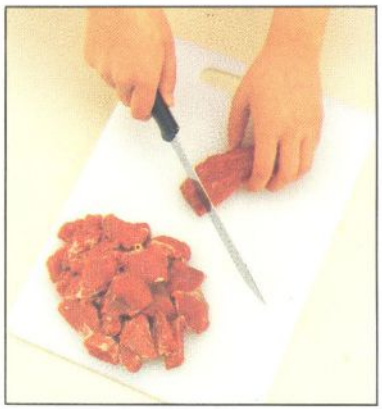
Serves 4.

Total Cals/Kj: 931/3910
Cals/Kj per portion: 233/977
Total fat: 40.2 g
Fat per portion: 10.05 g

STIR-FRIED SESAME LAMB

350 g (12 oz) lean lamb fillet
1 tablespoon sunflower oil
115 g (4 oz) shallots, sliced
1 red pepper (capsicum), sliced
1 green pepper (capsicum), sliced
1 clove garlic, finely chopped
1 tablespoon light soy sauce
1 teaspoon white rice vinegar
1 teaspoon caster sugar
freshly ground black pepper
2 tablespoons sesame seeds

Trim any fat and silver skin from the lamb fillet. Cut into 0.5 cm (¼ in) cubes.



Heat oil in a non-stick or well seasoned wok and stir-fry the lamb for 1-2 minutes until browned. Remove with a slotted spoon and set aside. Stir-fry shallots, peppers (capsicum) and garlic for 2 minutes until just soft.

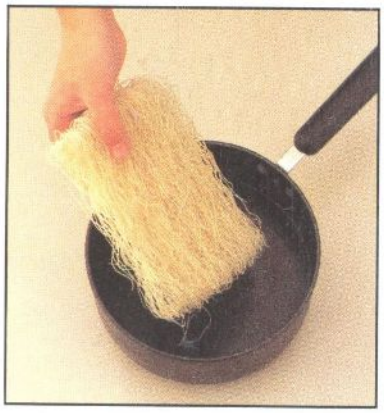
Return lamb to wok with all the remaining ingredients except the sesame seeds. Stir-fry for 2 minutes. Sprinkle with sesame seeds and serve with rice and vegetables.

Serves 4.

Total Cals/Kj: 922/3872
Cals/Kj per portion: 230/968

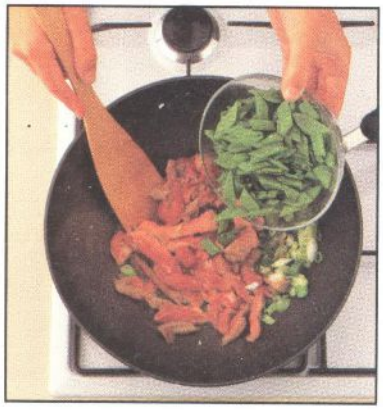
Total fat: 58.5 g
Fat per portion: 14.6 g

YELLOW BEAN LAMB

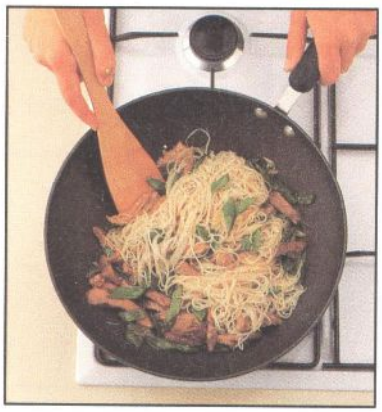


115 g (4 oz) transparent vermicelli rice noodles
350 g (12 oz) lean boneless lamb
1 tablespoon groundnut (peanut) oil
1 clove garlic, finely chopped
2 spring onions, finely chopped
115 g (4 oz) mange tout (snow peas), sliced
2 tablespoons yellow bean sauce
freshly ground black pepper
2 tablespoons chopped fresh chives, to garnish

Bring a saucepan of water to the boil. Remove from heat and add noodles. Leave to soak for 2-3 minutes until soft, then drain well and set aside.



Trim any fat from the lamb and cut into 0.5 cm (½ in) strips. Heat oil in a non-stick or well seasoned wok and stir-fry lamb, garlic, spring onions and mange tout (snow peas) for 2-3 minutes until lamb is browned.



Stir in yellow bean sauce and noodles, season with black pepper and stir-fry for 3 minutes. Garnish with chopped chives and serve with a mixed salad.

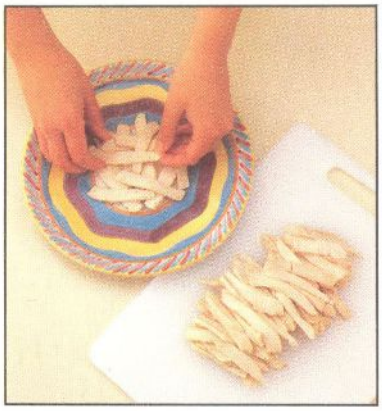
Serves 4.

Total Cals/Kj: 1223/5137
Cals/Kj per portion: 306/1284

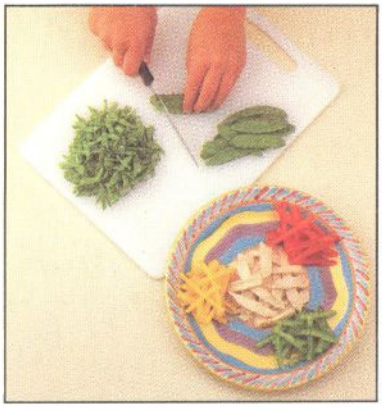
Total fat: 52.3 g
Fat per portion: 13.1 g

EIGHT-TREASURE SALAD

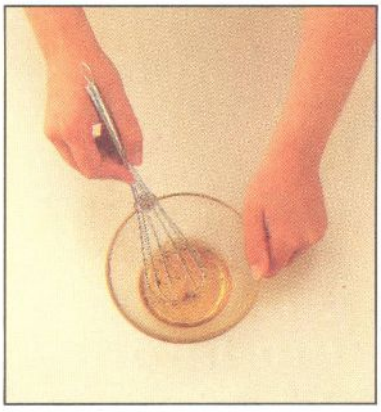
350 g (12 oz) lean cooked skinless turkey
1 red, 1 green and 1 yellow pepper (capsicum)
115 g (4 oz) mange tout (snow peas)
50 g (2 oz) oyster mushrooms
115 g (4 oz) spring onions
2 teaspoons sesame oil
1 tablespoon white rice vinegar
1 teaspoon clear honey
freshly ground black pepper
25 g (1 oz/¼ cup) salted cashew nuts, crushed to garnish



Cut the turkey into 0.5 cm (¼ in) slices and arrange in the centre of 4 serving plates.



Halve and seed peppers (capsicum). Cut into thin slices and arrange around turkey. Diagonally slice mange tout (snow peas). Shred oyster mushrooms and spring onions. Arrange on the serving plates.

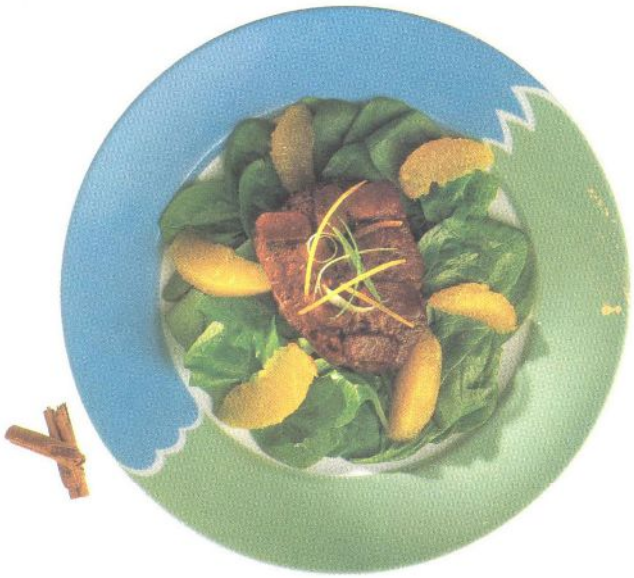


Mix together the oil, vinegar, honey and pepper. Pour over each salad, garnish with cashew nuts and serve.

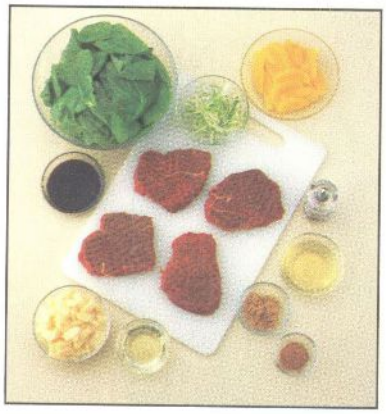
Serves 4.

Total Cals/Kj: 864/3629
Cals/Kj per portion: 216/907

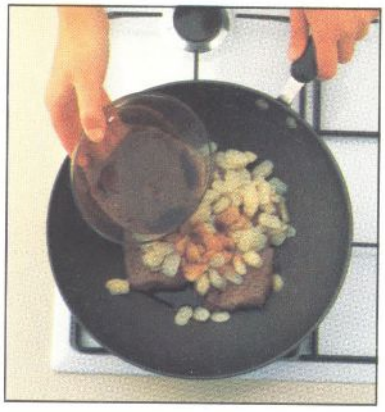
Total fat: 30.8 g
Fat per portion: 7.7 g



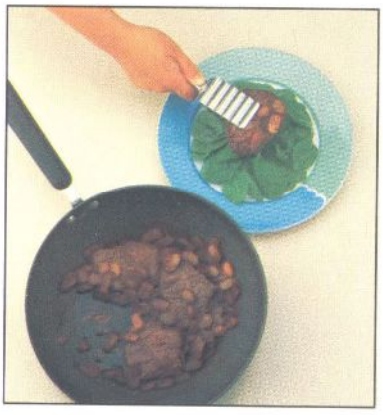
BEEF & ORANGE SALAD



1 tablespoon groundnut (peanut) oil
4 x 115 g (4 oz) lean beef fillet steaks, trimmed and tenderized
3 tablespoons dark soy sauce
3 tablespoons dry sherry
1 teaspoon ground cinnamon
1 tablespoon brown sugar
freshly ground black pepper
115 g (4 oz) canned water chestnuts, rinsed and sliced
175 g (6 oz) fresh young spinach leaves
115 g (4 oz) spring onions, shredded
2 oranges, peeled and segmented
strips of orange rind, to garnish



Heat oil in a non-stick or well seasoned wok and fry beef steaks for 2 minutes on each side. Drain on kitchen paper and wipe out wok. Mix together soy sauce, dry sherry, cinnamon, brown sugar and pepper. Return steaks to the wok, add water chestnuts and pour over soy sauce mixture. Bring to the boil, reduce heat and simmer for 5-6 minutes, turning steaks halfway through.



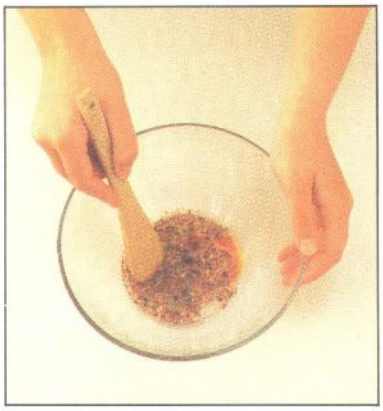
Arrange spinach leaves on serving plates and top each with a steak, water chestnuts and sauce. Sprinkle with spring onions and top with orange segments. Garnish with strips of orange rind and serve immediately.

Serves 4.

Total Cals/Kj: 999/4196
Cals/Kj per portion: 250/1049
Total fat: 64.8 g
Fat per portion: 16.2 g

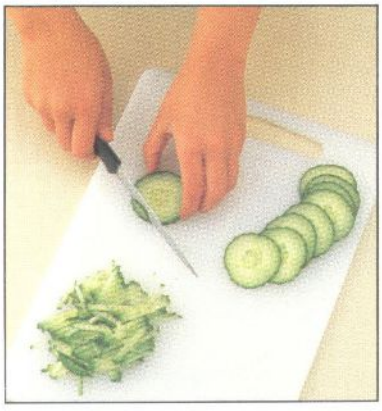
SZECHUAN PRAWN SALAD

1 teaspoon chilli oil
1 teaspoon Szechuan peppercorns, toasted and ground
pinch of salt
1 tablespoon white rice vinegar
1 teaspoon caster sugar
350 g (12 oz) cooked, peeled prawns, thawed and dried, if frozen
115 g (4 oz) cucumber
1 tablespoon sesame seeds
½ head Chinese leaves, shredded
fresh red chilli strips and lemon wedges, to garnish



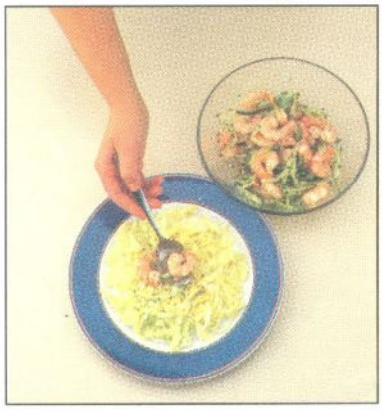
In a large bowl, mix together the oil, peppercorns, salt, vinegar and sugar.

Add the prawns and mix well. Cover and chill for 30 minutes. Thinly slice the cucumber and slice each piece into thin strips. Pat dry with kitchen paper and mix into prawns with sesame seeds.



Arrange the Chinese leaves on 4 serving plates and top with the prawn mixture. Garnish with chilli strips and lemon wedges and serve immediately.

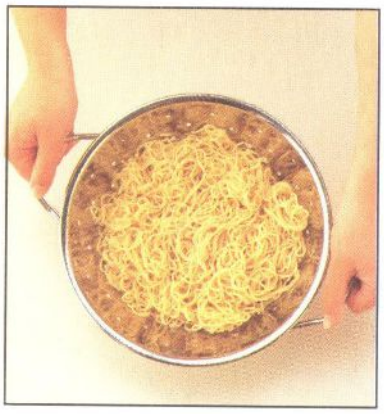
Serves 4.



Total Cals/Kj: 550/2310
Cals/Kj per portion: 137/577

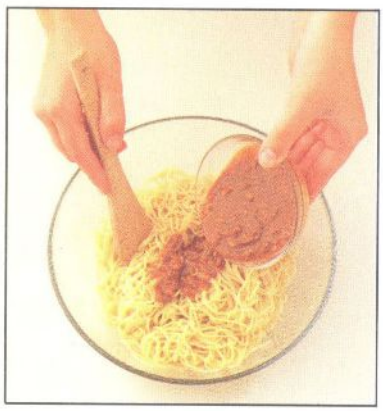
Total fat: 17.9 g
Fat per portion: 4.5 g

SUMMER NOODLE SALAD

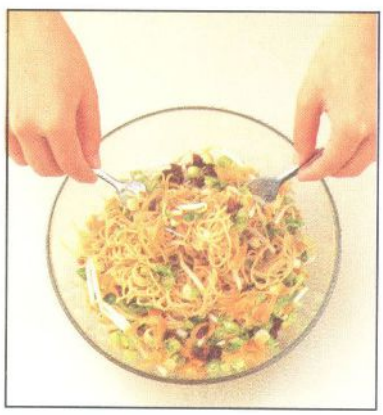


175 g (6 oz) egg noodles
1 teaspoon sesame oil
2 tablespoons crunchy peanut butter
2 tablespoons light soy sauce
2 teaspoons caster sugar
pinch of chilli powder
450 g (1 lb) tomatoes, thinly sliced
115 g (4 oz) spring onions, finely chopped
115 g (4 oz) bean sprouts
115 g (4 oz) grated carrot
50 g (2 oz) stoned dates, finely chopped

Cook the noodles in a pan of boiling water for 4-5 minutes. Drain well and rinse in cold water. Leave in cold water until required.



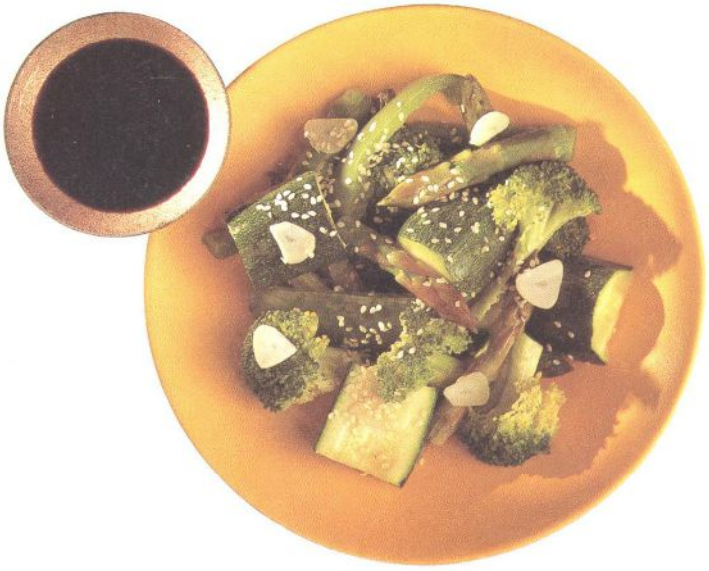
Mix together the oil, peanut butter, soy sauce, sugar and chilli powder. Drain noodles well, place in a large bowl and mix in the peanut sauce. Arrange the tomato slices on a serving plate.



Using chopsticks or 2 forks, toss the spring onions, bean sprouts, grated carrot and dates into the noodles and mix well. Pile on top of the sliced tomato and serve.

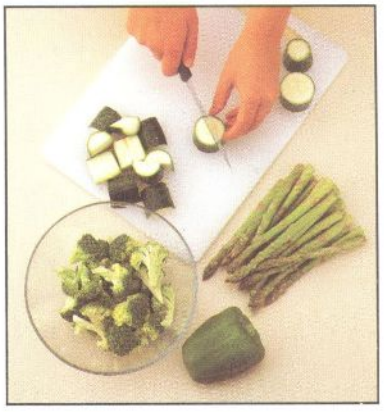
Serves 4.

Total Cals/Kj: 1241/5212
Cals/Kj per portion: 310/1303
Total fat: 33.3 g
Fat per portion: 8.3 g



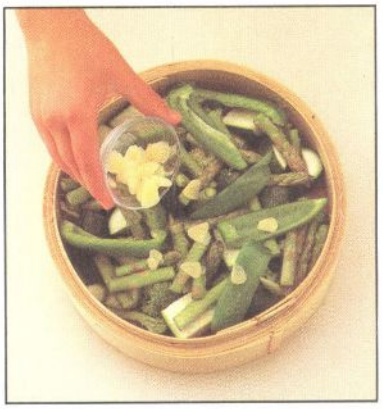
— SESAME GARLIC VEGETABLES —

225 g (8 oz) broccoli
1 large green pepper (capsicum)
225 g (8 oz) courgettes (zucchini)
225 g (8 oz) asparagus
2 cloves garlic, thinly sliced
2 teaspoons sesame oil
1 tablespoon sesame seeds

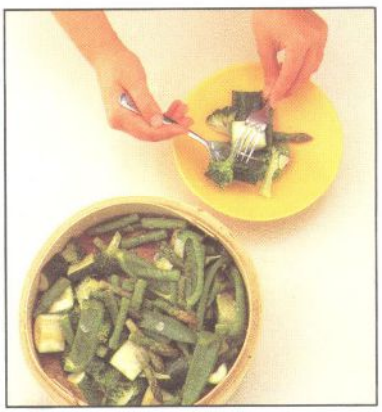


Slice the broccoli into small flowerets. Slice courgettes (zucchini) into 2.5 cm (1 in) pieces and halve. Cut pepper (capsicum) into 8. Trim away tough ends from asparagus and slice into 5 cm (2 in) pieces. Place vegetables in a colander and rinse well.

Bring a wok or large saucepan of water to the boil. Arrange vegetables on a layer of baking parchment in a steamer and place over the water. Sprinkle with sliced garlic and sesame oil. Cover and steam for 10 minutes.



Remove vegetables from steamer and place on warmed serving plates. Sprinkle with sesame seeds and serve with soy sauce, for dipping.

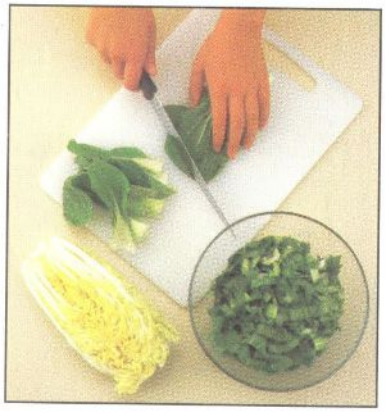


Serves 4.

Total Cals/Kj: 346/1453
Cals/Kj per portion: 86/363

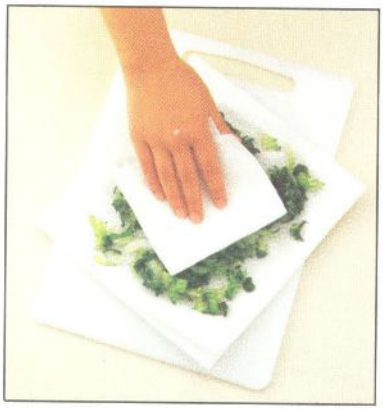
Total fat: 20.6 g
Fat per portion: 5.15 g

SPICY STIR-FRIED CABBAGES

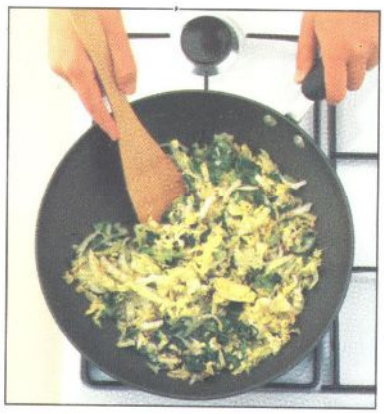


450 g (1 lb) bok choy
½ head Chinese leaves
1 tablespoon groundnut (peanut) oil
2 cloves garlic, finely chopped
1 tablespoon light soy sauce
1 teaspoon five-spice powder
1 teaspoon chilli sauce
salt and freshly ground black pepper
sliced fresh red chilli, to garnish

Discard damaged outer leaves from cabbages. Break bok choy leaves from stem, rinse well and dry on kitchen paper. Discard coarse stem at base of leaves then shred finely.



Bring a large saucepan of water to the boil and blanch the bok choy for a few seconds until just wilted. Drain well and rinse in cold water. Drain thoroughly and pat dry with kitchen paper. Remove core from Chinese leaves, and shred finely.



Heat oil in a non-stick or well seasoned wok and stir-fry bok choy and garlic for 2 minutes. Add the Chinese leaves and all the remaining ingredients except the garnish and stir-fry for 2 minutes. Garnish with sliced red chilli and serve immediately.

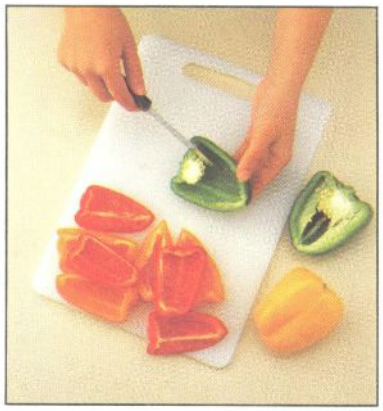
Serves 4.

Total Cals/Kj: 274/115
Cals/Kj per portion: 68/287

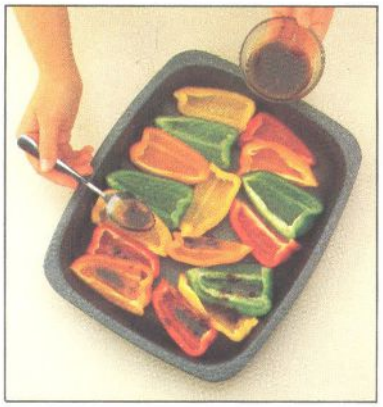
Total fat: 18.1 g
Fat per portion: 4.5 g

CHILLI ROAST PEPPERS

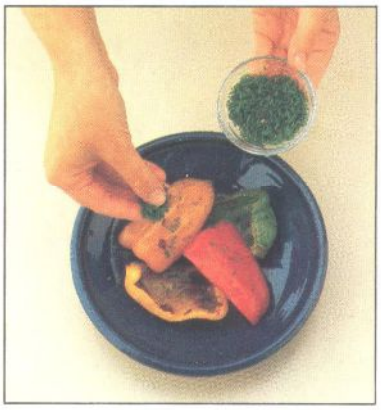
1 large red pepper (capsicum)
1 large orange pepper (capsicum)
1 large green pepper (capsicum)
1 large yellow pepper (capsicum)
1 tablespoon dark soy sauce
1 teaspoon chilli sauce
1 tablespoon sunflower oil
freshly ground black pepper
2 tablespoons chopped fresh chives



Halve peppers (capsicum) lengthwise, remove the core and seeds then halve again. Place in a non-stick roasting tin.



Preheat oven to 190C (375F/Gas 5). In a small bowl, mix together the remaining ingredients except the chives and spoon over the peppers (capsicum), turning to make sure they are well coated. Roast for 30 minutes, basting occasionally, until softened.



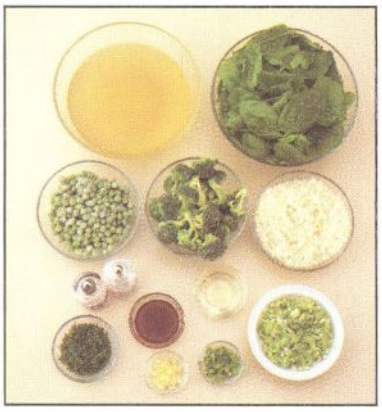
Transfer roast peppers (capsicum) to warmed serving plates, sprinkle with chives and serve.

Serves 4.

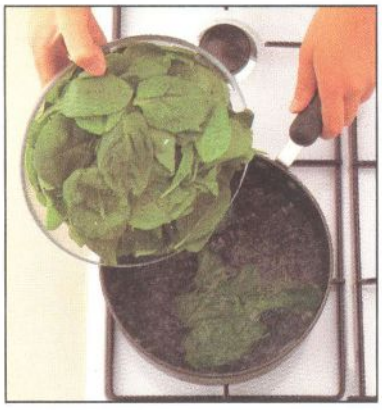
Total Cals/Kj: 339/1424
Cals/Kj per portion: 85/356

Total fat: 16.7 g
Fat per portion: 4.2 g

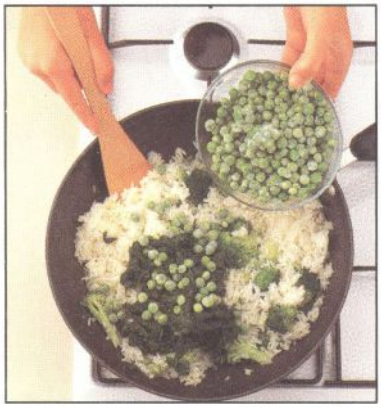
GREEN RICE



300 g (10 oz/1¼ cups) long grain white rice, rinsed
800 ml (28 fl oz/3½ cups) Chinese Vegetable Stock, page 14
225 g (8 oz) small broccoli flowerets
225 g (8 oz) fresh spinach, tough stalks removed
1 tablespoon groundnut (peanut) oil
2 cloves garlic, finely chopped
1 fresh green chilli, seeded and chopped
1 bunch spring onions, finely chopped
225 g (8 oz) frozen peas
2 tablespoons light soy sauce
salt and freshly ground black pepper
4 tablespoons chopped fresh chives
fresh chives, to garnish



Place rice and stock in a large saucepan, bring to the boil, reduce heat and simmer gently for 25 minutes until the rice is cooked and the liquid has been absorbed. Blanch the broccoli in a saucepan of boiling water for 2 minutes. Drain and set aside. Blanch the spinach in a saucepan of boiling water for a few seconds until just wilted. Drain well, shred and set aside.



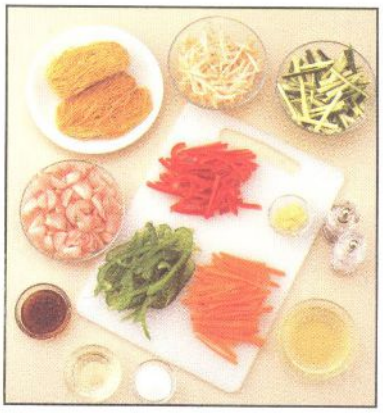
Heat oil in a non-stick or well seasoned wok and stir-fry garlic, chilli, spring onions and broccoli for 1 minute. Add cooked rice, spinach, frozen peas and soy sauce. Season well and cook gently for 5 minutes. Stir in chopped chives. Garnish with chives and serve with a mixed salad.

Serves 4.

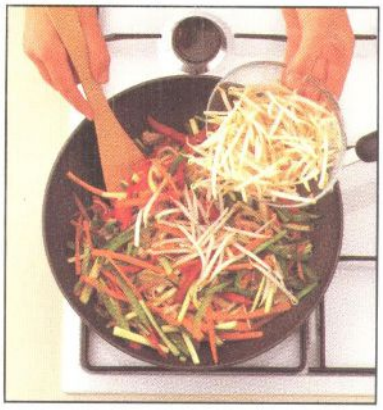
Total Cals/Kj: 1599/6716 Total fat: 24.1 g
Cals/Kj per portion: 400/1679 Fat per portion: 6.02 g

NOODLES WITH CHOP SUEY

1 tablespoon groundnut (peanut) oil
2 cloves garlic, finely chopped
1 green pepper (capsicum), thinly sliced
1 red pepper (capsicum), thinly sliced
225 g (8 oz) shallots, chopped
225 g (8 oz) courgettes (zucchini), cut into matchstick strips
225 g (8 oz) carrots, cut into matchstick strips
115 g (4 oz) bean sprouts
2 teaspoons caster sugar
2 tablespoons light soy sauce
4 tablespoons Chinese Vegetable Stock, page 10
salt and freshly ground black pepper
225 g (8 oz) egg noodles

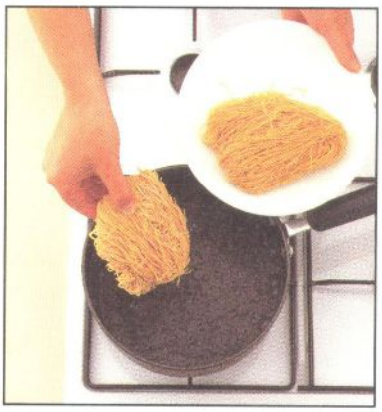


Heat the oil in a non-stick or well seasoned wok and stir-fry garlic, green and red peppers (capsicum), shallots, courgettes and carrots for 2-3 minutes until just softened. Add all remaining ingredients except noodles, bring to the boil, reduce the heat and simmer for 6-7 minutes.



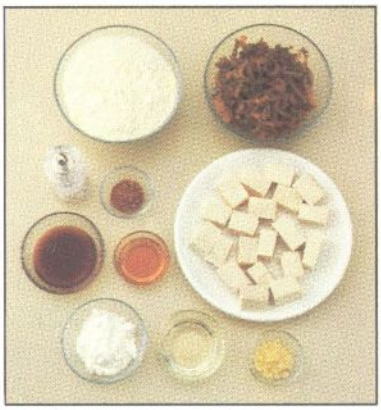
Meanwhile, bring a large saucepan of water to the boil, add the noodles and cook for 5 minutes until just tender. Drain well and transfer to warmed serving plates. Top with the vegetable mixture and serve.

Serves 4

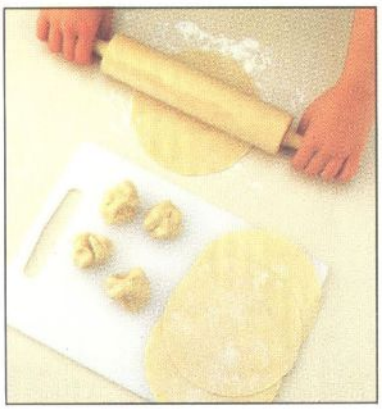


Total Cals/Kj: 1354/5687
Cals/Kj per portion: 338/1422
Total fat: 37 g
Fat per portion: 9.25 g

SZECHUAN PANCAKES



225 g (8 oz/2 cups) plain flour
2 teaspoons sesame oil
strips of fresh green and red chilli and celery leaves, to garnish
FILLING:
2 tablespoons cornflour
1 teaspoon Szechuan peppercorns, toasted and ground
large pinch of salt
225 g (8 oz) fresh bean curd, drained and cut into 2 cm (¾ in) cubes
1 tablespoon sunflower oil
2 cloves garlic, finely chopped
2 tablespoons light soy sauce
175 g (6 oz) preserved Szechuan vegetables, shredded



Sieve flour into a bowl and, using chopsticks or a fork, mix in 150 ml (5 fl oz/⅔ cup) boiling water, to form a firm dough. Knead on a lightly floured surface until smooth. Divide dough into 8 and roll out each portion to form a 15 cm (6 in) diameter pancake. Heat a non-stick frying pan. Lightly brush the pancakes on each side with oil and cook in frying pan for 1-2 minutes on each side. Drain on kitchen paper, layer between sheets of baking parchment and keep warm.

Place cornflour, peppercorns and salt on a plate and toss bean curd in the mixture until well coated. Heat oil in a non-stick or well seasoned wok and stir-fry bean curd and garlic for 2-3 minutes until browned. Add soy sauce and Szechuan vegetables and stir-fry for 3 minutes. Place a little bean curd mixture on each pancake and fold pancake over the filling. Garnish and serve.

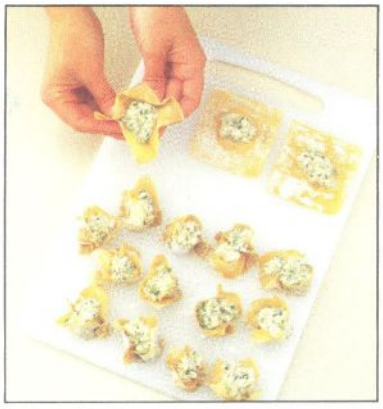
Serves 4.

Total Cals/Kj: 1394/5855 Total fat: 38.3 g
Cals/Kj per portion: 348/1464 Fat per portion: 9.6 g

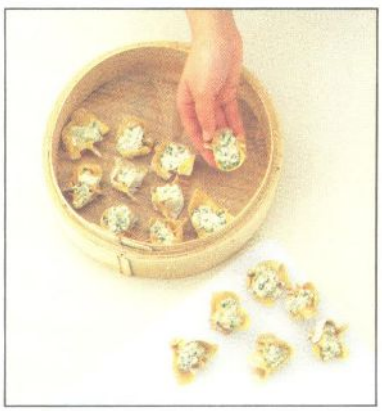
STEAMED OPEN DIM SUM

115 g (4 oz) bean curd, drained and mashed
2 spring onions, finely chopped
1 stick celery, finely chopped
1 tablespoon chopped fresh coriander
1 cm (½ in) piece fresh root ginger, peeled and finely chopped
2 teaspoons light soy sauce
salt and freshly ground black pepper
16 wuntun skins
coriander leaves, to garnish

Put all the ingredients except the wuntun skins and garnish into a bowl and mix together until well combined. Spoon a portion onto each wuntun skin.



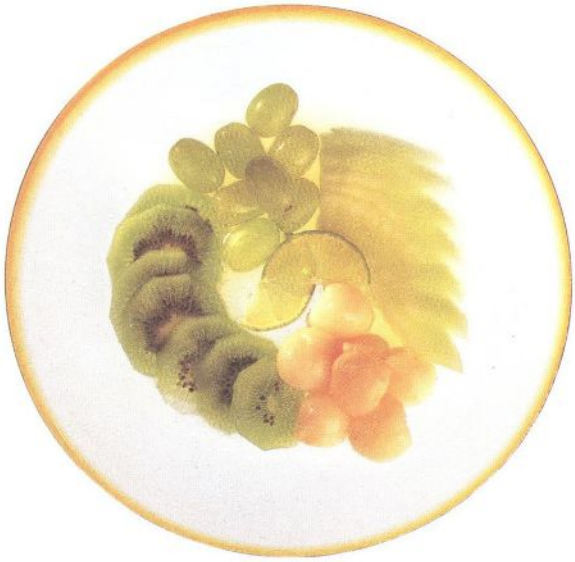
Dampen wuntun skins with water. Bring up the sides of each wuntun, pressing them around the filling and leaving the tops open. Flatten the bottoms.



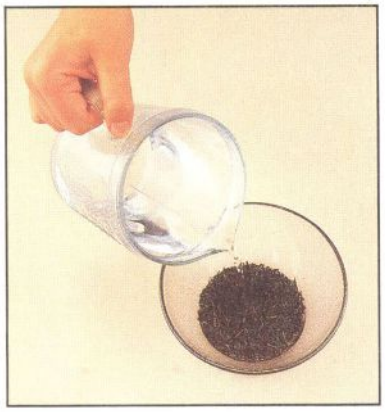
Bring a wok or large saucepan of water to the boil. Place wuntuns on a sheet of baking parchment in a steamer and place over the water. Cover and steam for 15 minutes. Garnish with coriander and serve on a bed of rice, with chilli sauce as a dip.

Serves 4.

Total Cals/Kj: 468/1966
Cals/Kj per portion: 117/491
Total fat: 12.3 g
Fat per portion: 3.1 g

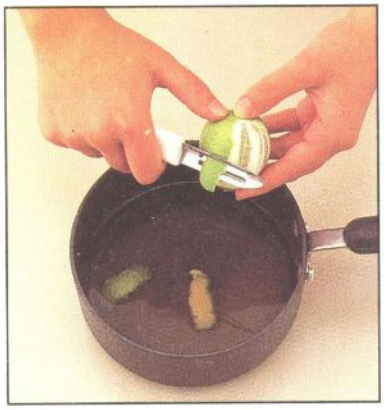


GREEN TEA FRUIT SALAD

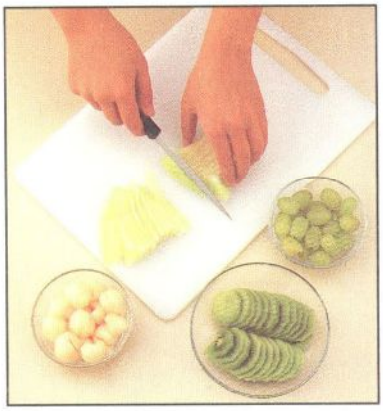


4 teaspoons jasmine tea leaves
2 tablespoons dry sherry
2 tablespoons caster sugar
1 lime
2 kiwi fruit
225 g (8 oz) fresh lychees
¼ honeydew melon
115 g (4 oz) seedless green grapes
lime slices, to decorate

Place tea leaves in a small bowl or jug and pour over 300 ml (10 fl oz/1¼ cups) boiling water. Leave to steep for 5 minutes. Strain through a sieve into a saucepan.



Stir in sherry and sugar. Using a vegetable peeler, pare the rind from the lime and add to the pan. Squeeze the juice from the lime and add the juice to the pan. Bring to the boil, reduce heat and simmer for 5 minutes. Leave to cool, then discard lime rind.



Peel and thinly slice kiwi fruit. Peel, halve and stone the lychees. Peel melon and slice thinly. Arrange prepared fruits and grapes in small clusters on serving plates. Pour over cooled tea syrup, decorate and serve.

Serves 4.

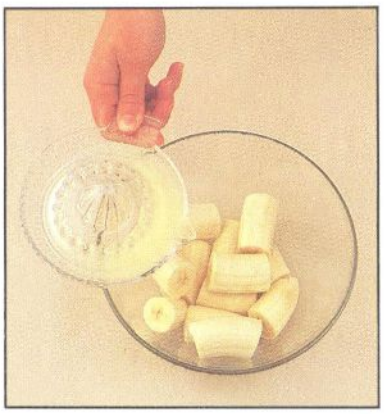
Total Cals/Kj: 401/1684
Cals/Kj per portion: 100/420

Total fat: 1.2 g
Fat per portion: 0.3 g

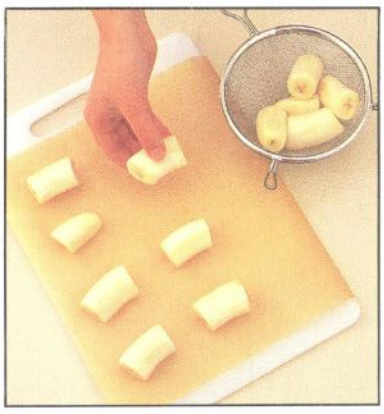
— CARAMEL SESAME BANANAS —

4 bananas
juice of 1 lemon
115 g (4 oz) caster sugar
2 tablespoons sesame seeds
mint sprigs and lemon slices, to decorate

Peel bananas and cut into 5 cm (2 in) pieces. Place in a bowl, pour over the lemon juice and stir well to coat.



Place sugar and 4 tablespoons water in a saucepan and heat gently, stirring, until the sugar dissolves. Bring to the boil and cook for 5-6 minutes until the mixture caramelizes and turns golden brown. Drain bananas well and arrange on a layer of baking parchment.

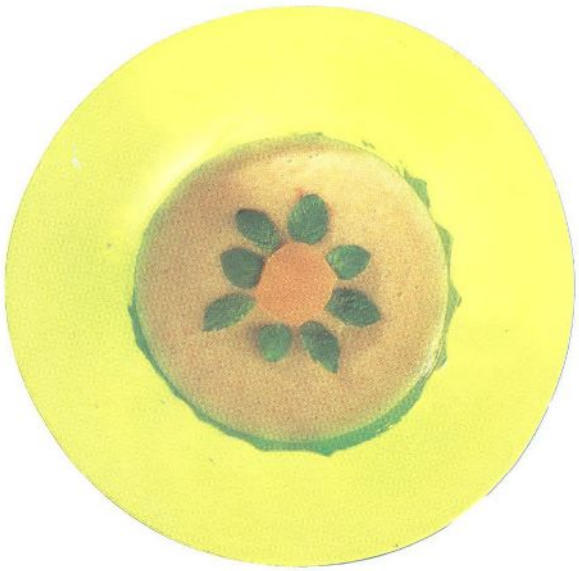


Drizzle the caramel over the bananas, working quickly as the caramel sets within a few seconds. Sprinkle with the sesame seeds. Allow to cool for 5 minutes, then carefully peel away from paper, decorate and serve.

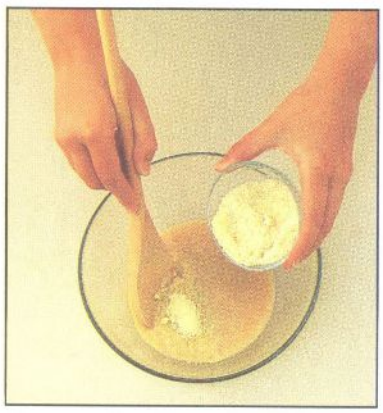
Serves 4.

Total Cals/Kj: 937/3935
Cals/Kj per portion: 234/984
Total fat: 13.5 g
Fat per portion: 3.4 g

Note: Tossing the banana in lemon juice prevents it from turning brown.

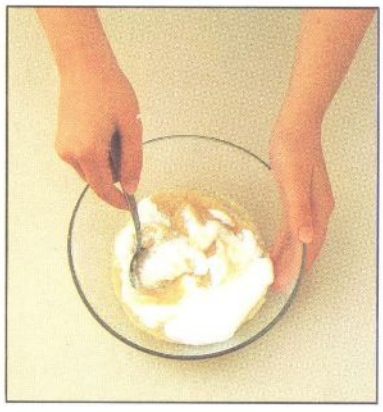


LYCHEE & GINGER MOUSSE

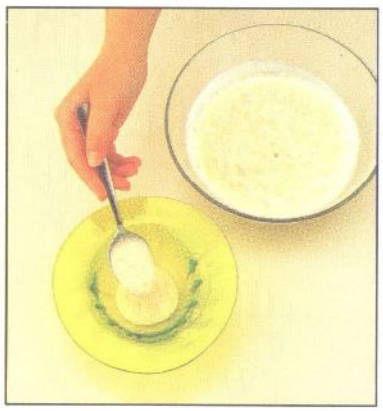


350 g (12 oz) fresh lychees, peeled and stoned
½ teaspoon ground ginger
3 tablespoons ginger wine
2 pieces stem ginger in syrup, chopped
25 g (1 oz) ground almonds
2 teaspoons powdered gelatine dissolved in 2 tablespoons boiling water
2 egg whites
sliced stem ginger and mint leaves, to decorate

Place lychees in a food processor with the ground ginger, ginger wine and chopped ginger. Blend until smooth. Transfer to a small bowl and stir in ground almonds and gelatine mixture.



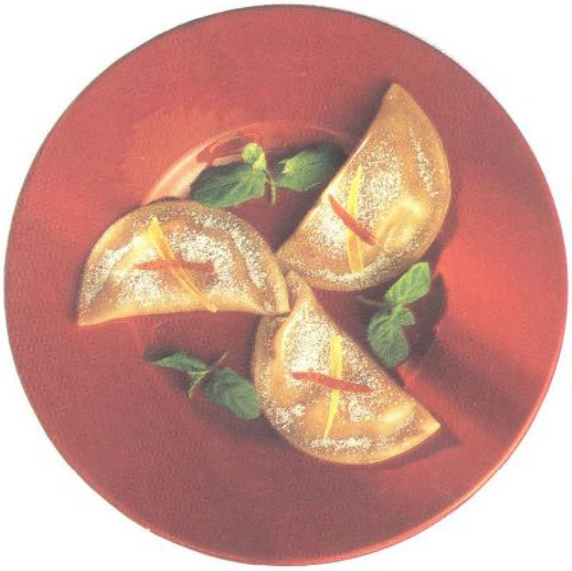
Chill for 30-40 minutes, or until beginning to set. In a large, grease-free bowl, whisk the egg whites until very stiff. Using a large metal spoon, carefully fold in the lychee mixture.



Divide mixture between 4 sundae glasses or dishes and chill in the refrigerator for 1 hour or until set. Decorate with stem ginger and mint leaves and serve.

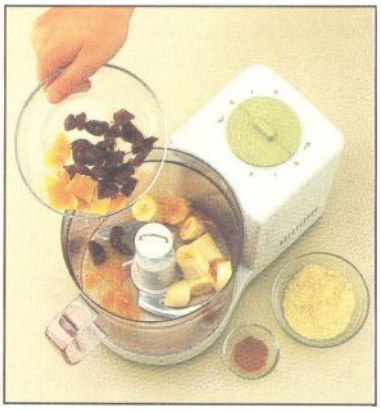
Serves 4.

Total Cals/Kj: 479/2012
Cals/Kj per portion: 120/503
Total fat: 16.2 g
Fat per portion: 4.05 g



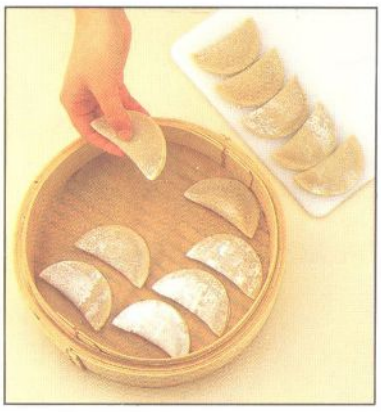
— STEAMED FRUIT DUMPLINGS —

1 small banana, chopped
grated rind and juice of 1 small lemon
25 g (1 oz) dried mango or dried apricots, chopped
50 g (2 oz) stoned dates, chopped
25 g (1 oz) ground almonds
large pinch ground cinnamon
12 round wuntun skins
1 egg white, lightly beaten
2 teaspoons icing sugar
strips of dried mango and date and mint sprigs, to decorate



Place the banana, lemon rind and juice, mango, dates, almonds and cinnamon in a food processor and blend until smooth.

Divide the fruit mixture between the wuntun skins, placing it in the centre of each one. Brush the edge of the wuntun skins with egg white, fold in half to form crescent shapes and press edges together to seal.



Bring a wok or large saucepan of water to the boil. Place dumplings on a sheet of baking parchment in a steamer and place over the water. Cover and steam for 10 minutes until soft. Dust with icing sugar, decorate and serve.

Serves 4.

Total Cals/Kj: 777/3263
Cals/Kj per portion: 194/816

Total fat: 21.9 g
Fat per portion: 5.5 g

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Chinese cooking is renowned for its variety, skilful blending of flavours, and its simplicity, and is the natural choice for today's health-conscious cook. Step-by-Step Chinese Cookery features a delicious selection of starters, main courses and desserts, all illustrated with a full-colour photograph and step-by-step instructions, and each one specially written to be low in fat and calories.

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